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Back to school

Hottest looks to hit the books

Pg 21

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80,000 more bus service hours added

COMMUTERS TransLink is easing the post-Labour Day commuter crush this year by adding its largest ever transit service increase.

The transit authority announced yesterday it's adding 80,000 hours of bus service starting Sept. 2, when ridership on Lower Mainland buses skyrockets with the end of summer vacation.

Service will be increasing on three U-Pass routes, which are frequented by university and college students along busy and over-crowded bus routes.

The new No. 33 bus to the University of B.C. will start running on Sept. 2, four times an hour on weekdays.

The No. 44 bus that connects UBC to downtown will run every 20 minutes, up from 30 minutes and the No. 49 will be adding more rush hour trips for Langara College students.

KRISTEN THOMPSON/ METRO VANCOUVER

World pg 8

Jet crash kills 153 in Spain

Food pg 19

Tomatoes with buzz

Canada pg 6

Canada-wide meat recall

Please recycle

Beijing **Lightning Bolt strikes**

THOMAS KIENZLE/THE ASSOCIATED PRESS

Jamaica's Usain Bolt celebrates as he reaches the finish line in the men's 200-metre final at the Beijing Olympics yesterday. Bolt became the first man ever to break world records while winning both 100- and 200-metre races at a single Games. More coverage, page 12.

Final Reid piece found

JEFF HODSON
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The last of 12 Bill Reid pieces stolen in May from the University of B.C.'s Museum of Anthropology has now been recovered, RCMP in Vancouver said yesterday.

A gold eagle brooch was recovered July 23 and a carved argillite pipe on Aug. 11 from two separate locations in the Lower Mainland. The pipe is broken and is missing roughly five centimetres.

UBC spokesman Scott McRae said the school was absolutely delighted that the pieces have been recovered and returned to the museum.

"This was the loss of one of the premier aboriginal artists that this country has produced — and an artist with whom many in the museum had had direct personal contact with," McRae said.

"It was pretty devastating and it makes it that much more of a pleasure to see them returned."

On June 8, police seized 10 Bill Reid pieces, as well as three disassembled Mexican necklaces. The necklaces are heavily damaged and are still in police hands.

Const. Annie Linteau said no one has been arrested, but the RCMP is preparing a report to Crown counsel that outlines the circumstances of the theft. They are still searching for the missing portion of the pipe.

UBC posted a $50,000 reward for the safe return of the jewelry, but it has not yet been paid out.

PHOTO COURTESY OF RCMP

Police are still searching for a five-centimetre piece that broke off this carved argillite pipe carved by Bill Reid.

Renovation

- The public will have to wait until March to see the items because the museum is undergoing a six-month renovation beginning Sept. 2.

Teenagers having less sex: Study

KRISTEN THOMPSON
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STATS CAN Teenagers in British Columbia are less likely to be sexually active now than they were 10 years ago, and fewer are having sex than the average young Canadian, according to a study released yesterday.

The Statistics Canada report, Teen Sexual Behaviour And Condom Use, found that 40 per cent of B.C. teenagers aged 15 to 19 reported having had sex at least once in 2005, down from 47 per cent in 1996-1997.

Report

- The study found that teenage males are more likely than teenage females to use a condom.

Nationally, 43 per cent of 15- to 19-year-olds reported being sexually active in 2005, also down from 47 per cent in the decade before.

The report suggests the decline is due to more teenage girls choosing to wait longer before becoming sexually active.

In 2005, 42 per cent of girls said they'd had sex at least once, down from 51 per cent 10 years earlier, while the proportion of teenage boys having sex remained steady at 43 per cent.

Teenagers in Quebec were the most sexually active, with 58 per cent having had sex at least once in 2005.

Prince Edward Island teenagers were the least sexually active, at 35 per cent.

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Want to run the city? Head to the new election office.
The City of Vancouver has opened its election office at 450 West Broadway in preparation for the municipal election in November. The office will be open weekdays until Nov. 28, for enquiries about registering, voting or running as a candidate. METRO NEWS SERVICES

Local

Policing duo nabs medals

West Vancouver Police Const. Jarret Chow and his partner, Police Service Dog Kai, have taken home a gold medal, along with silver and two bronzes, in competitions at the Canadian Police Canine Association National Dog Trials in Saskatchewan.
METRO VANCOUVER

BT BREAKFAST TELEVISION weekdays at 6 | Citytv ROGERS

News in brief

SKYTRAIN Five SkyTrain cars from two trains were damaged after being hit with rocks, CBC News Online reports. One rider said she thought the train was being shot at. TransLink spokesperson Drew Snider said a risk assessment is underway.

BEARS RCMP in Burnaby are warning residents about two recent black bear sightings, first in three different areas on Aug. 19, second near a wooded area. METRO NEWS SERVICES

metronews.ca
What's online today.

Watch the daily Olympic wrap-up with a look at Usain Bolt's historic victory and China's dominance on the diving board
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Lotteries

Lotto 6/49	03, 06, 09, 27, 28 & 36. Bonus 45
BC 49	11, 14, 15, 18, 24 & 47 Bonus 37
Extra	37, 57, 63, 90

These results are not official.

Vancouver up for sale — in Monopoly

GAME The community's chest should swell with pride after Vancouver passed "GO" and was voted as one of 22 cities on a new edition of the world's most popular board game.

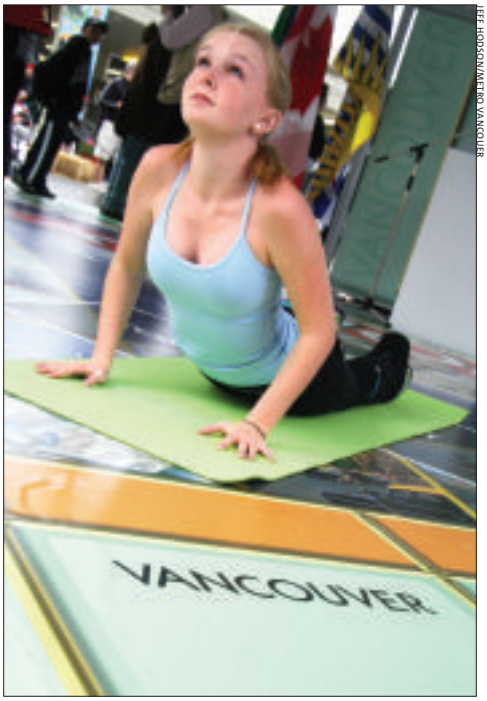
Lotus Land is one of three Canadian cities voted onto Monopoly's Here and Now: The World Edition.

Coun. Suzanne Anton, who accepted Vancouver's property card at the PNE yesterday, said the placement is affirmation of Vancouver's place as a world-class city.

Vancouver occupies an orange property, New York Avenue in the traditional board game. Toronto is a magenta property, Virginia Avenue, while Montreal occupies the most expensive property in the game, Boardwalk.

The choice of cities and their placement on the board was decided by an online competition.

More than five million people took part in the voting.
JEFF HODSON/METRO VANCOUVER



JEFF HODSON/METRO VANCOUVER

Vancouver is represented by Madelyn Hall who performs yoga poses on a giant Monopoly board at the PNE yesterday.

Cover insulin pumps: NDP

JEFF HODSON
jeff.hodson@metronews.ca

Prior to the purchase of an insulin pump, Cheryl Simpson says her daughter Ellery was held hostage by Type 1 diabetes.

The seven-year-old had to eat at certain times and needed four to five insulin shots a day to stay alive. That changed when the family shelled out $7,000 for an insulin pump.

"It opened up a life — not a giant, huge life — but a little girl's life," Simpson said. "It allowed her to dance ... It allows her to be as normal as she can be under the circumstances."

At a press conference yesterday, NDP health critic Adrian Dix, who also has Type 1 diabetes, blasted the province for dragging its heels and failing to fund insulin pumps. Ontario began funding the pumps in 2006.

The device, which is slightly smaller than a deck of cards, acts like a pancreas, automatically injecting tiny amounts of insulin.

Dix said the government has been reviewing insulin pumps for years, but has failed to act.

In addition to the $7,000 pump, Simpson spends $400 a month to operate it.

Dix said funding the devices would cost about $4 to $5 million, but would save the health-care system by reducing emergency visits.

Type 1 facts

- More than 210,000 people in B.C. have diabetes, but only 10 per cent of cases are Type 1, which is not preventable and the cause of which is unknown.

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Canada versus U.S. at home

It could turn out to be a domestic rivalry of Olympic proportions. A Delta woman won tickets to the Women's Gold Medal Hockey Game in 2010 after buying a SportsFunder lottery ticket. While she'll be cheering for Team Canada, her husband is a fan of Team USA. METRO VANCOUVER

Surrey man charged with murder in wife's death; daughter critical

A 53-year-old man has been arrested and charged with the murder of his wife and attempted murder of his daughter after a shooting in a Surrey home.

Surrey RCMP arrived at a house on 72nd Avenue just before 5 p.m. Tuesday, after receiving reports of shots being fired.

Officers found two women in the home with gunshot wounds. One woman died at the scene while the other was taken to hospital in critical condition.

Neighbours identified the victims as Manjit Sandhu, 45 and her daughter Sabrina, 23.

According to media reports, Sandhu's sons, who were identified as Manraj, 19 and Sukhman, 12, were taken away. KRISTEN THOMPSON / METRO VANCOUVER

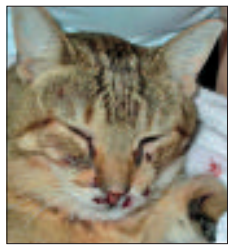
Cat used for target practice

CRUELTY Animal protection officers are looking for a person who shot a cat 15 times with a pellet gun.

B.C. SPCA special constable Eric Enkirch said the attack occurred in Cranbrook while the cat was let outside by his new adopted guardians.

"A cat will not just sit there while someone uses it for target practice, so I suspect this little guy was either tied up, held down or stepped on while someone proceeded to fire 15 shots at him," Enkirch said.

The cat, named Steel, is expected to recover, but he may lose one of his eyes. METRO VANCOUVER



Steel recovers after being shot with a pellet gun.

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Early morning accident sends woman to hospital

PEDESTRIAN A woman is in serious but stable condition after being hit by a car at Oak Street and 71st Avenue early yesterday morning, police said.

The victim, who is in her twenties, was struck just before 5 a.m. by a driver in a Toyota hatchback, said Vancouver Police Const. Jana McGuiness.

"The woman suffered serious injuries to her legs and back," McGuiness said.

"At the time of the accident, visibility was hampered by rain and darkness (and) speed and alcohol do not appear to be factors."

The driver of the vehicle was taken to hospital and treated for shock.

Police haven't released the names of the driver or victim. KRISTEN THOMPSON/ METRO VANCOUVER

letters

Coaches unsung Olympic heros

As I watch the Olympics, I am reminded of who the heroes really are: the coaches. They are the ones who spend more time with their charges than with their families. They put their heart and soul into developing another human being because they believe in them. For all the coaches out there, thank you! Truly, behind a great athlete is a greater coach!

ANNIE WATSON, VIA E-MAIL

News in brief

SURPRISE GUEST A large truck crashed into a Surrey townhouse's living room yesterday morning, news1130.com reports. No one was injured.

SERVICE RESTORED Around 400 Telus customers in Burnaby should have dial tones and Internet connections today after an attempted cable theft interrupted service, news1130.com reports. About a kilometre of cable was cut and left on the ground Tuesday night.

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Blast in Algeria kills 12 employees of Canadian firm

A car bomb in Algeria yesterday killed 12 Algerian employees of Canadian engineering and construction firm SNC-Lavalin Group Inc. and wounded about 15 others. A spokesperson said the plant was not targeted and no Canadians were injured. REUTERS

Canada

Lanterns mistaken for crashing jet

Reports of a plane crash in eastern Newfoundland that sparked an intensive search-and-rescue operation turned out to stem from a few Chinese lanterns, CBC News reports. Crews spent hours combing the woods outside St. John's. Authorities finally tracked down some young boys who had been lighting lanterns and sending them into the sky on balloons. Someone mistook the metre-wide burning lanterns for a burning plane. METRO NEWS SERVICES

Harper can't be trusted: Dion

HAMILTON Liberal Leader Stéphane Dion says Ontarians in auto towns have every reason not to trust Prime Minister Stephen Harper.

"Right now, to address the slowdown in our economy and the long-term problems if we don't act, the main strategy is to bring the economy and the environment together (and) find a way to have sustainable development," Dion told a crowd in Hamilton, Ont.

The tens of thousands losing their manufacturing jobs won't forget that Harper stood by and watched as his Finance Minister Jim Flaherty disparaged Ontario, he said. Dion predicted Ontarians will punish Harper for taking the country to the edge of deficit. TORSTAR NEWS SERVICES

Competition **Canada 'on fire'**

REUTERS/BAZUKI MUHAMMAD

A fireworks display by Team Canada lights up the sky over Putrajaya dam during the Malaysia International Fireworks Competition 2008 in Putrajaya outside Kuala Lumpur yesterday.

Gates, Buffett tour Alberta oilsands

FORT MCMURRAY Warren Buffett and Bill Gates, two of the world's richest men, toured the $9.3 billion Horizon oilsands project on Monday. The Berkshire Hathaway chairman and Microsoft co-founder were given details on the country's oil industry. REUTERS

Meat items recalled

Maple Leaf products may be linked to outbreak

One person in Ontario has died and 16 others have fallen ill from an outbreak of food poisoning that may be linked to contaminated meat products from a major Toronto plant.

Hundreds of thousands of kilograms of ready-to-eat meats supplied to grocery stores, fast-food outlets such as McDonalds and Mr. Sub, hospitals, retirement and nursing homes have been recalled and the Toronto Maple Leaf Foods plant has been temporarily shut down. Five cases have been confirmed in Toronto of listeriosis, a serious food-borne illness, most of them in nursing or retirement homes and hospitals throughout the city, said Dr. Vinita Dubey of Toronto Public Health.

Four more cases could be tied to the outbreak, she said, and many more may be discovered as symptoms — high fever, severe headache, neck stiffness and nausea — appear.

Grocery stores yesterday began pulling recalled Maple Leaf products from their shelves and restaurants stopped selling certain meals. City health officials have alerted the affected hospitals and homes and told them to stop serving the potentially contaminated foods. Dubey warned the public to throw out any products included in the recall.

Of the 17 known cases, 13 are in Ontario, two in British Columbia, and one each in Saskatchewan and Quebec. A total of 29 cases are under investigation.

TORSTAR NEWS SERVICES

What to look for

- The Canadian Food Inspection Agency said Maple Leaf meats — including sliced cooked turkey, roast beef, Bavarian smokes, corned beef, salami, ham and pepperoni — may be contaminated.
- Only the beef products have tested positive for the bacteria so far.

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Traders deem Biden, Romney, Pawlenty top VP picks
With speculation over U.S. vice-presidential picks at a boil, prediction markets yesterday judged Democrat Joseph Biden and Republicans Mitt Romney and Tim Pawlenty most likely to get the nod. REUTERS

World/Business

Madrid crash kills 153

A Spanish jet heading for the Canary Islands crashed on takeoff and burst into flames at Barajas Airport in Madrid yesterday, killing 153 of the people on board, a government official said.

Smoke billowed up near Terminal Four from the remains of Spanair's Flight JK5022, an MD-82 jet bound for Las Palmas in the Canary Islands, which broke into pieces in an accident that government Development Minister Magdalena Alvarez said left 19 survivors.

The 15-year-old plane, carrying 166 passengers and nine crew, shot off the runway at 2:45 p.m. local time, according to Spanair, and witnesses described a huge explosion.

"Only the tail was recognizable. There was wreckage scattered all over the place and dead bodies across a wide area. A lot of them were children," Herbigio Corral, who headed the emergency services' rescue effort, told a group of reporters.

JUAN MEDINA/REUTERS
A relative of a passenger on the Spanair jet that crashed arrives at Barajas Airport in Madrid.

Survivors were flung from the plane by the force of the impact and landed in a stream, saving them from more severe burns.

Alvarez said the cause of the accident seemed to be "an error in takeoff," but Spanish media and a source close to the situation said the plane's left engine had caught fire. REUTERS

Career women are own worst enemies: Study

STUDY Women are their own enemies when it comes to cracking the glass ceiling, with an international study finding they are less likely to promote themselves and network than their male counterparts.

The 2008 study by scientist Shannon L. Goodson found that while most men had no qualms about touting their contributions, and even lying about them, women still clung to the myth that self-promotion is "socially unacceptable," "unladylike" and "morally suspect," and they tended to believe hard work should speak for itself. REUTERS

Russian pullout 'unsatisfactory'

GEORGIA Russian military trucks trickled back into Russia from Georgia yesterday, but no armoured vehicles or artillery passed, and there was no sign of the large-scale rapid pullout demanded by the West.

The White House said Moscow needed to move faster, while Germany described the situation in Georgia as "very unsatisfactory."

"Both the size and pace of the withdrawal needs to increase."
Gordon Johndroe

"Both the size and pace of the withdrawal needs to increase and needs to increase sooner rather than later," White House spokesman Gordon Johndroe told reporters.

Russian President Dmitry Medvedev has said Russia will withdraw its forces from Georgia by Friday.

But diplomats say Russia in no hurry to leave. It wants instead to secure maximum advantage from occupying a neighbour whose pro-U.S. policies have angered it, they say. REUTERS

News in brief

PAKISTAN Two missiles hit a house in Pakistan's South Waziristan region yesterday, killing six suspected militants, a security official said. It is unknown who fired them.

ASIA Disgraced British glam rocker Gary Glitter, who was released this week after serving nearly three years in a Vietnam prison for child sex abuse, has been refused entry into Hong Kong after arriving from Thailand, where he was also barred.

ZIMBABWE Zimbabwean President Robert Mugabe will officially open parliament on Tuesday despite opposition warnings that this would endanger power-sharing talks aimed at ending the country's deep political crisis. REUTERS

Business

Retail sales figures indicate slowdown

The value of Canadian retail sales climbed 0.5 per cent in June due to soaring gasoline prices. But sales fell in terms of volume indicating spending is slowing, but not enough to create a recession.

Statistics Canada said yesterday that retail sales fell 0.4 per cent on the month when the effect of rising prices were stripped out. Excluding auto and gasoline sales, they jumped by a bigger-than-expected 1.4 per cent.

Markets had expected overall sales to climb 0.4 per cent and to rise 0.5 per cent without autos and gasoline.

Despite softening in consumer spending, which has been buoying the economy amid a slowdown in exports, economists still expect gross domestic product to have grown in June and in the second quarter.

"Depressed confidence, sagging job markets and cooling wealth gains are taking their toll."

"Weaker real sales detracted from our estimates for GDP growth in June ... Depressed confidence, sagging job markets and cooling wealth gains are taking their toll on the Canadian consumer," said one Scotia Capital economist. REUTERS

Business in brief

LIBYA Petro-Canada said a fire in a 450,000 barrel oil-storage tank at a Libyan petrochemical and refining complex has not affected its field operations or its financial results. REUTERS

PHONE Palm Inc. unveiled the Wi-Fi and GPS-equipped Treo Pro yesterday. The Microsoft-based phone will sell for $549 US and be sold through Vodafone, O2 and Telstra. REUTERS

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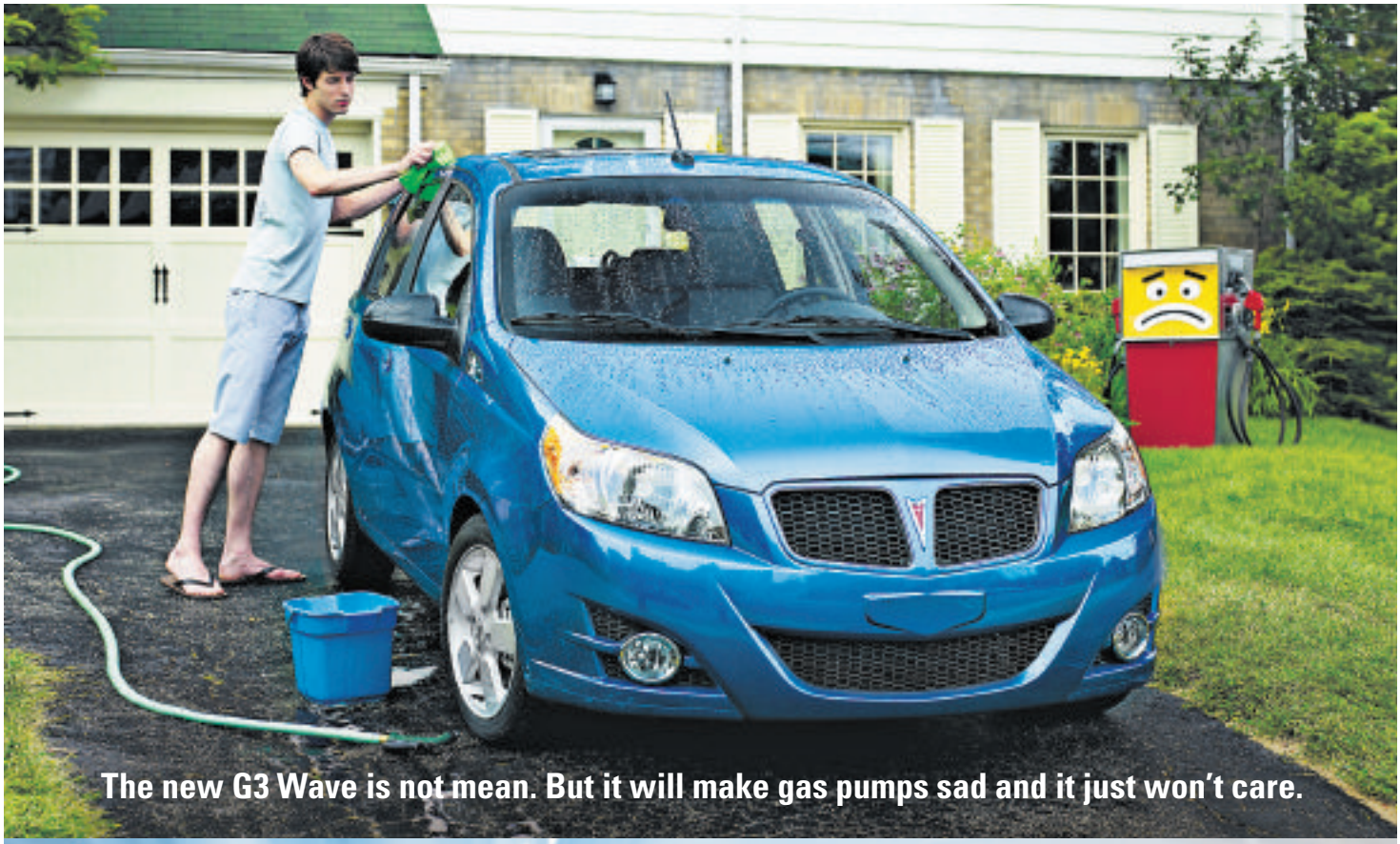

SE model shown, MSRP $15,770

The new incredibly fuel-efficient **2009 PONTIAC G3 WAVE.** Seriously, look at it. That's one fun and friendly looking car. But it really knows how to give the gas pump the cold shoulder. Still, even though 5.7L/100 KM on the highway and 7.9L/100 KM in the city[1] is bad news for the gas pump, it's great news for you. And even better news is that the G3 Wave is loaded with things like optional OnStar®, auxiliary audio input jack, five star rating for frontal impact[2], available side-impact airbags and the best coverage in Canada[3]. So, even though the G3 Wave works really hard to make the gas pump sad, it works just as hard to make you happy. **Cash Purchase Price at $11,595.***

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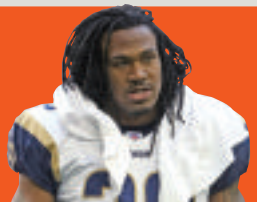
Downey re-signs with Red Wings

The Detroit Red Wings re-signed forward Aaron Downey to a one-year, two-way undisclosed contract yesterday. Downey signed with Detroit last season and appeared in 56 games for the Red Wings, registering three assists and 116 penalty minutes. METRO NEWS SERVICES

Sports



Rams' Jackson to end holdout

St. Louis Rams running back Steven Jackson, left, is expected to end his lengthy holdout. The club's web site cited team sources close to the situation as saying Jackson would return and take a physical on this morning. Jackson is searching for a long-term contract extension from the club with negotiations expected to resume upon the running back's arrival. METRO NEWS SERVICES

EDITOR: JONATHAN P. KUEHLEIN, SPORTS@METRONEWS.CA

Pro hoops back in town

ToulBox

Scott Rintoul

scott.rintoul@metronews.ca

It may not be the NBA, but professional basketball is coming back to the Lower Mainland in the form of the Vancouver Titans.

The Titans will be an expansion team in the International Basketball League, which runs its season from April through June. Though the Vancouver franchise was announced last year, many remained skeptical given the fly-by-night operations that have previously claimed to be setting up shop on the west coast of Canada only to renege a few months later.

However, owner/president Jonathan Mara and GM David Petroziello say this outfit is legit, and will fill a noticeable void in Vancity.

"Basketball has grown substantially in this province since the Grizzlies were last here, and there is significant interest in seeing the game played at a higher level," said Petroziello in a phone call yesterday.

After being awarded expansion rights to both the ABA and IBL minor league teams, Mara settled on the IBL, in large part due to the geography of the league; 17 of the 24 teams are based in the west making travel much more feasible than in the ABA, which features 42 teams scattered around North America.

The Titans will play out of the new Langley Events Centre, which is currently under construction, and will be financially viable if the average attendance is somewhere between 800-1200 fans per game. Petroziello also confirmed that bringing the Titans to the Lower Mainland is the first step toward the possible return of the NBA to Vancouver somewhere down the line.

• If you're looking for statistics that define the Lions' inconsistency throughout the first eight games of the season, look no further than time of possession and turnover margin.

B.C. ranks sixth in terms of amount of time the offense has the ball, which not only makes it tough to score points, it also increases the strain on the defense by keeping that unit on the field too long.

That possession statistic is due in part to the inaccuracy of the BC quarterbacks, who have thrown the second most interceptions in the CFL.

And while the Leos have turned the ball over eight less times than their opponents this season, that number is a far cry from the +25 margin they enjoyed in that category a year ago.

If the Lions can hang onto the football better in the second half of the season, expect to see B.C. in the hunt to host a fifth consecutive Western Final.

Scott Rintoul is a college athlete, sports fan and broadcaster. He can be heard Monday-Friday on the TEAM 1040 from 6-9 a.m.

Own goal costs Canada win

SOCCER Canada were held to a 1-1 draw by Jamaica in the opening Group Two match of their CONCACAF World Cup third round qualifiers at BMO Field in Toronto lst night.

de Guzman

Spain-based midfielder Julian de Guzman put the home team ahead in the 47th minute before the Jamaicans levelled five minutes later through an own goal by goalkeeper Pat Onstad of Vancouver.

Mexico and Honduras are also in Group Two for this round of home and away qualifiers which ends on Nov. 19. REUTERS

SCOREBOARD

MLB

YESTERDAY'S RESULTS

AMERICAN LEAGUE
N.Y. Yankees 5 Toronto 1
Baltimore 11 Boston 6
Chicago White Sox 15 Seattle 3
Cleveland 8 Kansas City 5
L.A. Angels 5 Tampa Bay 4
Minnesota 3 Oakland 1
Texas 9 Detroit 1

NATIONAL LEAGUE
Cincinnati 2 Chicago Cubs 1
Milwaukee 5 Houston 2
N.Y. Mets 6 Atlanta 3
Philadelphia 4 Washington 0
St. Louis 11 Pittsburgh 2
Arizona 8 San Diego 6
Colorado 4 L.A. Dodgers 3
San Francisco 6 Florida 5

TODAY'S GAMES

AMERICAN LEAGUE
Kansas City at Cleveland, 9:05
N.Y. Yankees at Toronto, 4:07
Minnesota at L.A. Angels, 7:05
Oakland at Seattle, 7:10

NATIONAL LEAGUE
Cincinnati at Chicago Cubs, 11:20
Colorado at L.A. Dodgers, 12:10
Florida at San Francisco, 12:45
Washington at Philadelphia, 4:05
Atlanta at N.Y. Mets, 4:10
San Diego at Arizona, 6:40

CFL

WEEK 9

TONIGHT'S GAME
Saskatchewan at Edmonton, 6

TOMORROW'S GAME
Calgary at B.C., 7:30

SOCCER

GAMES FEATURING THE VANCOUVER WHITECAPS MEN'S TEAM:

LAST NIGHT'S RESULT
VANCOUVER 0 Seattle 0

TOMORROW'S GAME
Portland at VANCOUVER, 8

BASEBALL

NORTHWEST LEAGUE GAMES FEATURING THE VANCOUVER CANADIANS:

LAST NIGHT'S RESULT
Eugene 9 VANCOUVER 5

TONIGHT'S GAME
VANCOUVER at Eugene, 7:05

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Athletics
Canadian medal hopeful Gary Reed placed third in his first heat in the men's 800 metres yesterday in Beijing and reached the semifinals. METRO NEWS SERVICES

Beijing Games

EDITOR: JONATHAN P. KUEHLEIN, SPORTS@METRONEWS.CA

Heymans in mix for diving medal

DIVING Emilie Heymans of St-Lambert, Que., finished fourth in the semifinals of the women's 10-metre platform early this morning at the Beijing Games.

Chinese teenager Chen Ruolin took top spot, ahead of Mexico's Paola Espinosa and China's Wang Xin.

Marie-Eve Marleau of Laval, Que., placed seventh.

The top 12 divers will compete for medals in the final later today.

Kobe powers U.S. into hoops semis

BASKETBALL Kobe Bryant scored 25 points to lead the United States men's "Dream Team" into the Olympic semifinals with a 116-85 win over Australia yesterday.

The Americans will face Argentina, which defeated Greece 80-78 yesterday, in the final four.

Spain, paced by 20 points from NBA star Pau Gasol, earned a 72-59 victory over Croatia to set up a semifinal against Lithuania, 94-68 winners over hosts China.

MacLean leaves after mom's death

MEDIA Ron MacLean is leaving his post as the main anchor for CBC's coverage of the Beijing Olympics following the death of his mother from pancreatic cancer last night.

MacLean was scheduled to return today to his home in Oakville, Ont., to be with his family.

Scott Russell will take over as host for Olympic Prime (3 p.m. to 9 p.m.), while Diana Swain will go solo on Olympic Morning (3 a.m. to 9 a.m.)

METRO NEWS SERVICES

Medal count

Rank	Nation				Total
#1	U.S.	26	28	28	82
#2	China	45	14	20	79
#3	Russia	13	14	18	45
#4	Britain	16	10	11	37
#5	Australia	11	12	13	36
#6	France	4	12	14	30
#7	Germany	11	8	9	28
#8	South Korea	8	10	6	24
#9	Japan	8	6	9	23
#10	Italy	6	7	7	20
#11	Ukraine	5	5	8	18
#12	Netherlands	4	5	4	13
#13	Canada	2	6	5	13

(Count at the end of Day 12)

Save the judging for reality TV

Taekwondo scandal that cost Canadian highlights Olympic problem

YorkReport

Marty York

marty.york@metronews.ca

Just as I was beginning to really enjoy the Olympics again — just when Canadian medalists Simon Whitfield and Priscilla Lopes-Schliep had me feeling almost as enthusiastic about the Games as I was during my childhood — this scandalous taekwondo nonsense surfaces in Beijing.

The fiasco hit me hard, almost as hard as one of those body blows that supposedly scores points for taekwondoers but mysteriously didn't for B.C.'s Ivett Gonda in her match against Sweden's Hanna Zajc.

A medal hopeful entering the Games, Gonda received no points from the judges and lost. And then her obfuscated coach appealed the judges' decision. And then I remembered something I loathed about the Olympics.

Judges.

They were right up there alongside my other Olympic pet peeves — steroid use, political propaganda, stupid television coverage and corrupt governing bodies.

But as Whitfield soared to silver in the triathlon and as Lopes-Schliep leaped to bronze in the 100-metre hurdles — and while the Beijing Games seemed devoid of anything on my hate list — I actually started to like watching the Olympics again.

And then the taekwondo judges went and spoiled it all by doing something stupid like screwing over Ivett Gonda.

The appeal was rejected, of course, and Gonda was officially eliminated. "I was ripped off," she lamented.

It's a claim Olympians make far too often. In 2002, remember, Canadian figure skaters Jamie Sale and David Pelletier were deprived of their due rewards by judges at the Winter Olympics until public pressure prompted a rare revision and they garnered gold. Gonda wasn't as lucky, and she's peeved.

JAMIE SQUIRE/GETTY IMAGES

Ivett Gonda of Port Moody, B.C., right, was heavily favoured in her women's 49-kilogram round of 16 taekwondo match against Hanna Zajc of Sweden, but lost in a controversial judging decision.

Frankly, I don't know if Gonda was shortchanged or not, because I don't know taekwondo from tiemyshoes. But I certainly know judging is subjective, and consequently leaves itself open to second-guessing, conspiracy allegations and appeals. Which make a mockery of the Olympics.

It is time, simply, to abolish sports that include judging. If a sport's results aren't obvious — if you haven't scored more goals or more points than your opponents or you haven't beaten them to the finish line — dump it.

Olympic brainiacs are dropping softball and baseball. Dumb, eh? These are sports whose winners are easily discernible.

But taekwondo? Who knows what's behind judges' decisions? Ditto for boxing. And fencing, and trampoline, and gymnastics. And figure skating.

Dump them all. Let me enjoy the Olympics again.

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.

'Shocked' Bolt thunders to gold

Usain Bolt produced another barely believable performance of dominant sprinting to break Michael Johnson's untouchable world record yesterday and add 200 metres gold to the 100 he won in record time four days ago.

While the Jamaican crossed the line dancing in the 100 he was all business in his preferred race, needing all his lithe power to finish in 19.30 seconds, 2/100ths better than Johnson's mark and more than 3/10ths ahead of his own previous best.

It made him the ninth man to complete the Olympic double and the first since Carl Lewis in 1984, but he is the first to take both races with world records.

"I'm shocked, I have been aspiring to the world record for so long," said Bolt, who achieved the mark despite a 0.9 second headwind. "I ran the corner as hard as possible and once I hit the straight I told myself to keep it up. The 200 medal has been my dream."

WOLFGANG RATTAY/REUTERS

Usain Bolt of Jamaica reacts after breaking the world record with a time of 19.30 seconds to win the gold medal in the men's 200-metres final yesterday at the Beijing Olympics.

OnlineVideos metronews.ca

Behind Bolt it was chaos. Churandy Martina of Netherlands Antilles, seven metres adrift, finished second ahead of American Wallace Spearmon, but both were disqualified for running out of their lanes.

Defending champ Shawn Crawford, who crossed the line fourth in 19.96, was promoted to silver while Walter Dix added a belated second bronze to the one he won in the 100. REUTERS

No softball medal for Canadians

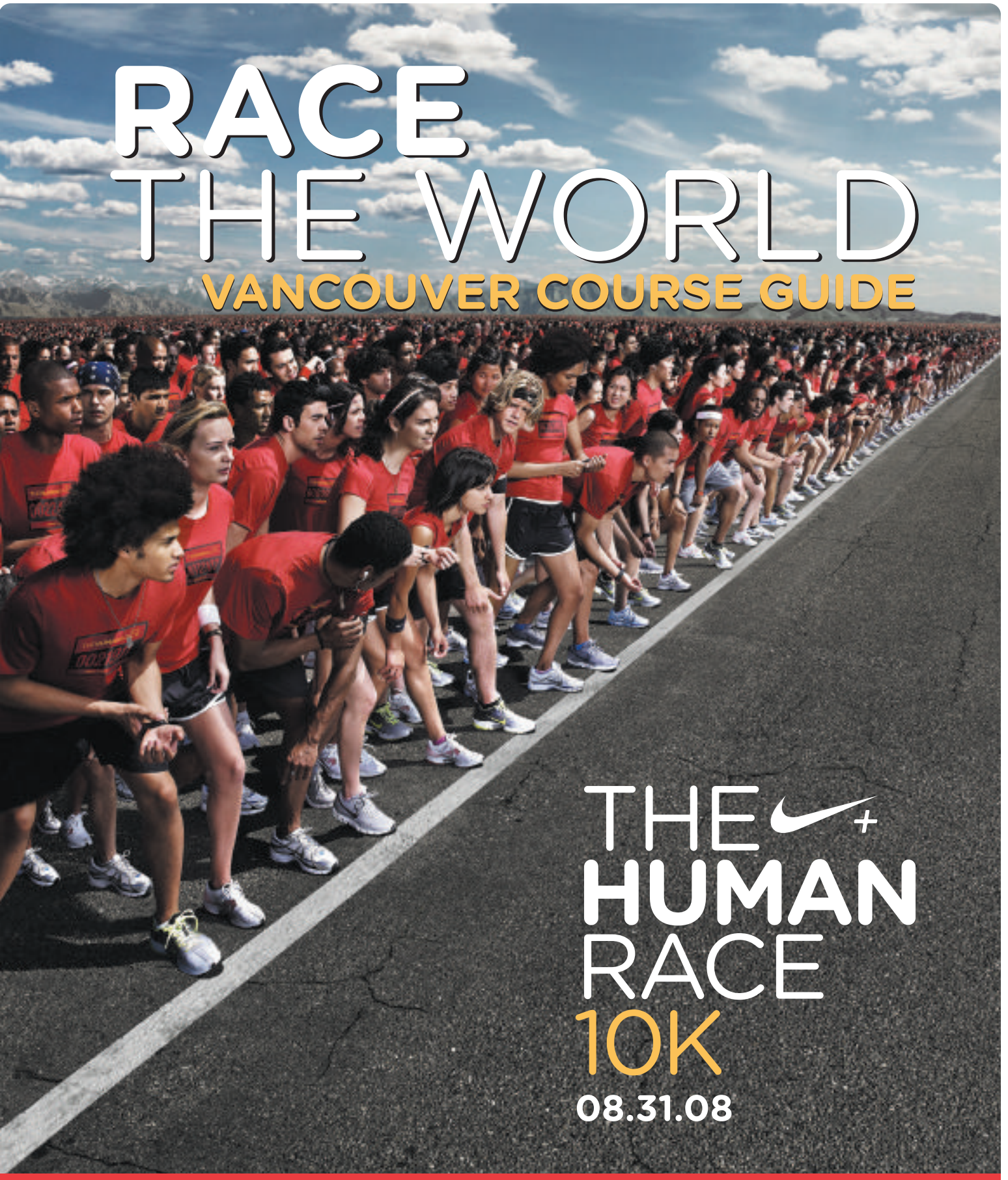
SOFTBALL Fourth-place finishes sting in every Olympic event.

But the pain cut a little deeper for Canada's softball team after a 5-3 loss to Australia yesterday, as they failed to reach the bronze medal game, gone forever their chance at Olympic glory.

With softball set to be dropped from the Olympic program after the Beijing Games, today's medals will be the last handed out at a Summer Games unless the sport wins its fight for reinstatement in 2016.

Even if softball does return to the Olympic fold in eight years most of the players who took part in Beijing will have long retired, making coveted Olympic medals even more precious.

The U.S. will face Japan for gold today. REUTERS



REGISTER NOW AT NIKEPLUS.COM

WHAT IS THE HUMAN RACE?

It's a run. It's a party. It's a live concert. It's worldwide. From Lima to L.A., Singapore to Sao Paulo, the world is coming together on 8.31.2008 to race for fun, charity and humanity.

And you can be part of it and represent Canada by joining the Human Race in Vancouver. Let's show New York, London, Madrid, Paris, Shanghai and all the other participating cities that Vancouver can dominate on a world stage.

This is an event like no other and will take place under the Pacific twilight at Larwill Park, in the heart of the downtown Vancouver at Cambie St. and Georgia St. Soak in the scenery as the route takes you past breathtaking mountains and ocean vistas, looping around the stunning Yaletown Seawall and two bridges and running along a stretch of the seawall that's never been run before.

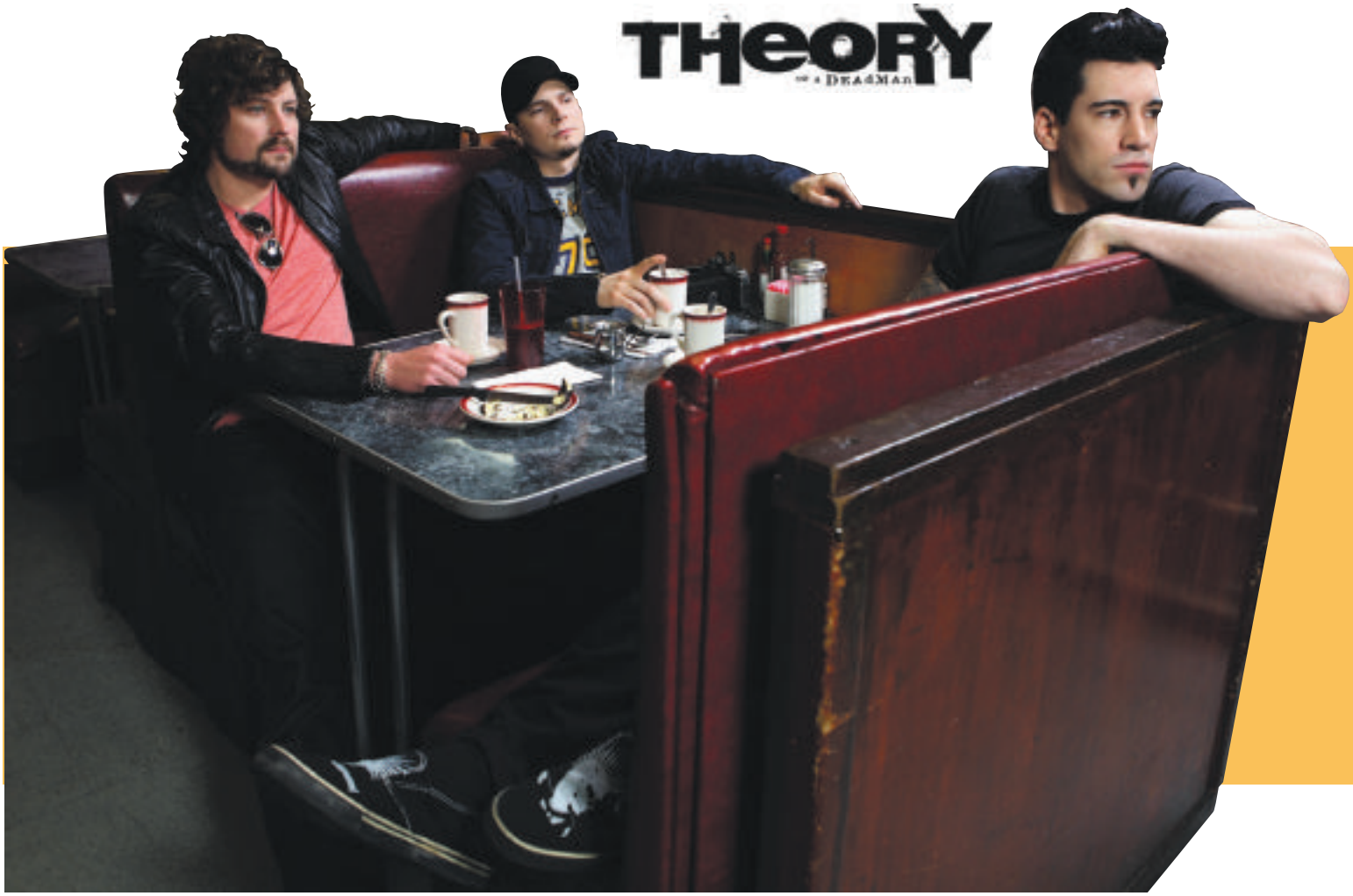
Stick around post race, and cool off with some cold beverages, west coast cuisine and an exclusive concert with stellar Canadian talents Theory of a Deadman and The Trews. Both groups have had massive success over the past few years, with sold out shows and garnering Much Music Video Awards and Juno nominations. Theory of a Dead Man won the Juno Award for New Group of the Year in 2003, just a year after the debut of their first album. In 2008, The Trews were nominated for the MMVA's Much LOUD Best Rock Video their song "Hold Me in Your Arms."

Worried that you can't run a full 10K? No problem. Check out nikeplus.com for training tips and remember – you don't have to run the whole way! Whether you're walking it or running it, this race is the must-attend event of the summer.

But right now, only one thing is important: Are you ready to run with the world?

WHO ARE WE RUNNING FOR?

Beyond running and music, the Nike+ Human Race 10K is also an opportunity to give back. Participants will be able to run for a worthy cause and support the three official Nike+ Human Race charitable partners: **the Lance Armstrong Foundation** – uniting people in the fight against cancer; **WWF** - the global conservation organization addressing the causes and impacts of climate change; and the UN refugee agency's **ninemillion.org** campaign – bringing sport and education to refugee youth. Together, Nike and the Human Race competitors will raise funds to donate at least $3 million to the Nike+ Human Race charities. Money will be raised via givebacks from registration fees, a percentage of Nike+ Human Race t-shirt sales and a donation of $1 million from Nike.



RUN IT.
THEN ROCK IT.

Be sure to stick around after the race, because the party doesn't stop at the finish line. After the Nike+ Human Race 10K in Vancouver all runners are invited to stick around for an outdoor concert in the heart of downtown featuring two hot Canadian bands –Theory of a Deadman and The Trews.

THEORY OF A DEADMAN

These Vancouver natives, best known for their articulate, emotional rock records couldn't pass up the opportunity to play in their hometown. Following up on their acclaimed album, *Gasoline*, their second offering will take the crowd back to their roots of rock n roll that's sure to get the Vancouver crowd on its feet and believing in the Theory.

THE TREWS

The Trews' are all about an uncanny marriage of new and classic rock. Hailing from Antigonish, Nova Scotia, their reputation is built on visceral rock songs. Their latest album, *No Time For Later*, is both huge and intimate - a meaty, powerful, and all around rockin' good time.

RUN.AS.ONE.

25 cities from around the globe. Thousands of dedicated runners. The numbers may be staggering, but even more impressive is the international cooperation in making the Nike+ Human Race 10K the biggest run the world has ever seen.
And all you have to do to be a part of history is lace up.

So while you're keeping pace down the Burrard St. bridge, challenging your personal best or just enjoying the great scenery along the seawall, remember that others just like you from all corners of the globe have chosen the Nike+ Human Race 10K as the time to come together and RUN AS ONE.

Don't miss the summer's hottest event - go to nikeplus.com and register online now.

RACE DAY – FROM START TO COLLAPSE!

Join us for the Nike+ Human Race 10K in Vancouver on 8.31.2008. Here's what you can expect on race day:

WHEN & WHERE?

On Sunday August 31st, head to the heart of downtown Vancouver at Larwill Park. The venue site is right behind the Queen Elizabeth Theatre, and the race start point will be the corner of Georgia Street and Cambie Street. It'll be all decked out so you can't miss it.

And get there early! Gates open at 5:00pm with a DJ spinning grooves to rev you up. The Nike+ Human Race 10K race takes off at 7:00pm followed by two hot bands playing straight through till 11:00pm. It's gonna be an awesome way to cap off the summer! There will be food and beverage as well so for those who have worked up an appetite and are thirsty, we have you covered!

THE STARTING LINE

Relax, there's plenty of room for everyone. The gun goes off at 7p.m. Take a moment to look around - you never know who you might be running next to!

ENTERTAIN ME!

After the race, there'll be lots going down at The Run World Stage. Of course, everyone gets a race award and we've got great prizes for the top racers – but they're top secret – for now.

Also at The Run World stage, you'll see the results of thousands of global city racers from Singapore to Sao Paulo. You'll experience how truly historical this global race is. Plus, that's where elite athletes and special guests will be interviewed.

Enjoy the entertainment at The Human Race Stage. Kick back and try to relax, but if you're like us, relaxing with The Trews and Theory of a Deadman rocking the stage is next to impossible.

FEED ME!

Likely, you'll be hungry and thirsty after you race. Chow down at the West Coast Style BBQ located in the Pacific Patio area. Or head to the Kilometer 11 beer garden (you must be 19+ to get in with two pieces of valid I.D. please) for an I-finally-made-it-to-the-finish-line drink.

FINAL DEETS

What else do you need to know? Well, we'll have a spot for you to store your gear for free while you race and while you're at the concert. Muscles a little sore from your first ever 10K? We've got you covered – soothe your limbs with a soak in one of the hot tubs and follow it with a massage at one of the on-site massage tables.

This is a day you'll want to remember, so be sure to stop by the photo booth and get your photo taken to keep as a memento of this historic day.

Don't forget to bring along your mobile phone for a chance to go backstage and hang out with the bands.

LET'S GREEN OUT VANCOUVER!

The Nike+ Human Race is dedicated to minimizing its environmental footprint in each of the 25 host cities. During event planning every decision, from renewable energy power sources to compostable water bottles, was made based on Nike's environmentally responsible social agenda.
All efforts were made to host the most climate friendly running event possible. We invite all participants to join us and do their part to race with a clear social conscience:
Carpool or take public transit.
Bring biodegradable snacks.
Reuse your cup. Talk to that cutie by the recycling bin. Whatever it takes, it's worth it.

So register now at nikeplus.com and make sure you're part of the thousands of runners worldwide in the Nike+ Human Race 10K.

I'M READY TO MAKE HISTORY

Here's how to be a part of Vancouver's first ever twilight run and the biggest race ever:

Step 1:
Sign up now for the Nike+ Human Race 10K. Register at nikeplus.com.

Step 2:
Practice, stretch, and sync your Nike+ to be one of the thousands of runners on 8.31.2008 making history.

THE HUMAN RACE 10K

THE ROUTE

CHECK OUT THE NEWEST 10K ROUTE IN VANCOUVER

The route loops around the scenic Vancouver Seawall and over the Burrard St. and the Cambie St. bridges. Along with majestic mountain and ocean vistas, you'll find inspiration from the future home of the world's elite athletes as you zip past the future 2010 Athletes village.

nikeplus.com

Metro Homes

Rearrange furniture

This is the one big thing you can do in the springtime to make your home feel alive and new. To keep this mini project manageable, attack one room at a time and be sure to think it through before you start — you don't want to move that couch twice! HGTV.CA

Stage if you want to be closing

HouseLeague

TORSTAR NEWS SERVICE

A little cleaning up, not smoking in the house and moving the pets elsewhere for a brief period can do wonders in helping to sell your home.

So the time has come to sell your piece of urban paradise in the bustling Vancouver real estate market. But, lo and behold, with the shifting financial climate and a settling of real estate values, you find yourself sitting on a condo identical to 20 others listed in your vicinity.

Why is it not selling? What has your realtor done wrong? Despite most vendors' initial suspicion, it may not be the realtor. It could very well be an issue of, well, you.

How so?

Smell, tacky décor, offensive art, hideously outdated furniture and of course, listing price. These are only some of the terms I have had to define to clients to explain why so many similar properties were selling over theirs. These are items that as a homeowner, you need to address, not your realtor.

Buyers are smart, savvy and looking for a bargain. They are also notorious for not seeing past what is cosmetic, what can be easily changed. They want a place they can buy and move into with little to no work.

Yes, they're lazy, but, so were you when you bought. You want them to spend more, give them a reason.

Tantalize their senses so they can imagine living nowhere else. I do not know of any buyers these days who enjoy the plush feel of velvet flowers on wallpaper. Nor do I know of any buyers who relish at the thought of smelling an ashtray or litter box at the end of a long work day. While everyone has their own vices, make sure you remove yours before showing your home.

Update the property. Neutral and modern décor do wonders to inspire the wary buyer.

If you smoke, remember, paint will hold onto those odours and release them back into the room.

Repaint the premises and have all carpets cleaned.

Then, smoke outside. And no, hanging out the window does not count. Remove those furry four legged creatures you love so dearly.

While you can't smell the dander, non pet owners will sense it right away. Finally, price smartly. This is a buyer's market.

That means there are more listings for buyers to choose from. To get that sale, listen to your realtor and avoid the pitfall of overpricing. You will only hurt yourself when your carrying costs eat away all your profits.

Ryan DeLuca is a realtor with Sotheby's International Realty Canada in Vancouver. He is also host of The Real Estate Minute on Novus TV.

Achieving great sound in your outdoor space

ArrestingDesign

You've got the barbecue fired up, and you're relaxing in your gorgeous backyard with a drink and a couple of good friends. But wait — where are the tunes?

Your outdoor space isn't complete without music, but please don't get mighty speakers that show off their heft like a Harley.

We like good-looking, unobtrusive outdoor speakers that blend in with the décor — after all, these pieces of hardware should be heard but not seen. (We don't like speakers on a table for the same reason. No matter how high quality, they're not a centrepiece.)

So avoid contrasts that draw attention to the speakers. Mount them in a discrete location under the eaves; on an outdoor wall above a deck or patio; or from a porch ceiling, for instance.

Algonquin speakers produced by Dwight, Ont.-based Axiom Audio are designed to blend in with your walls, stucco or soffit colours.

They come in a series of tough, automotive-style enamel finishes, namely Arctic White, Almond Bisque, Cape Cod Grey and Spiced Rum.

And if these colours don't match your outdoor walls or porch ceiling, you can bring in a sample of what you wish to match and the company will replicate it for an extra $59.

When you're positioning outdoor speakers, you should also take Mother Nature into account — the devices are weatherproof, but where possible it makes sense to mount them somewhere that's sheltered from heavy rains, high winds and excessive snow accumulation.

You can either put a volume control box somewhere on the outdoor part of the line, or invest in a remote controller, which lets you turn the unit on or off, change the volume or switch stations.

Keep in mind that poor quality, tinny-sounding speakers can ruin the whole appeal of listening to music while sitting on the deck or porch.

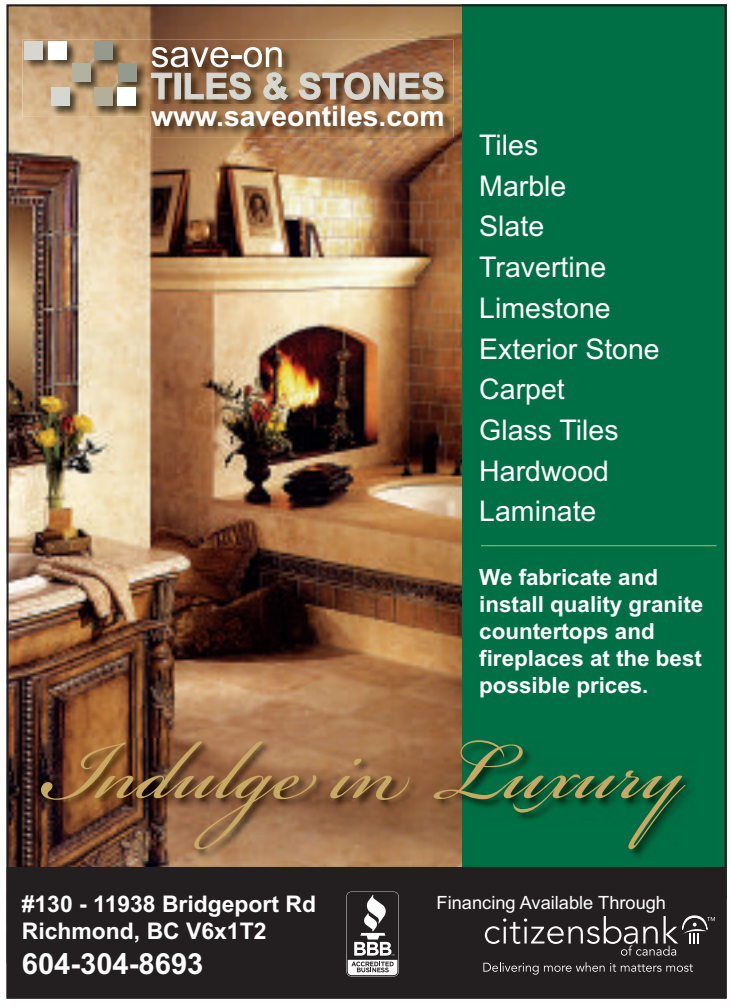
If you're not sure about the quality of the sound, simply listen and compare them with other speakers. Do you hear a range of sounds from the deepest bass to the highest frequencies? Are you hearing crystal clear sounds that sound true to life, or a muddled reproduction? Your ears will let you know.

Budget is also an issue. You can get a set of speakers for $100, but Colquhoun thinks it is "pretty close to impossible to get good sound" out of speakers in this price range.

But no matter how high the fidelity of your music, your neighbours may not appreciate it as much as you do. Lessen the impact of unwanted sound on your neighbours by mounting the speakers on the deck or patio side, facing your house and angled away from your neighbour.

Either that, or invite them to the party.

Tammy Schnurr and Jeffrey Fisher are hosts of Arresting Design on W Network.



Rotate artwork
By changing where your pictures and artwork are situated, you change the feel and mood of a room instantly. HGTV.CA

Natural landscape inspires table decor

On the last day of vacation in the country, my hugging arms have to be pried from the nearest tree. I drag myself back to town, weighed down by as many bits of the natural world as I can carry.

UrbanDweller

Carlyn Yandle
carlyn.yandle@metronews.ca

I love city-living, but when I'm in the thick of the coastal rainforest or the dry sagebrush mountains, I think: I could stay here. I haven't gone through my Back to the Land phase; maybe this is the time.

Then the rain and the cold returns and I'm thankful for all the mod-cons and dry comfort of condo life.

But I do have a lot of reminders around the place. There's the bowl of white river rocks, the moonshell collection, the gnarled twigs from a fallen arbutus in a white jug. All these natural, miraculous forms seem to combat the concrete and drywall and fumes from traffic and tailpipes, paints and perfumes. At least my soul breathes a little easier.

Capturing the beauty of the local, undeveloped landscape is an art form in itself. It's a zen thing, requiring a mind free of distraction or clutter. It is about throwing away any preconceptions about what is pretty and what is not pretty, and instead considering form, and how different forms might talk to each other. This is the passion behind Ikebana, Japanese floral arrangement, which may not include flowers at all but definitely involves balance, contrast, harmony and drama.

One friend sometimes snags a few things out of his backyard to create a surprising dinner-table centerpiece that may be nothing more than a few budding twigs, a large stone and a branch of leaves set in a squat ceramic planter. It's a far cry from the predictable bunch of corner-store carnations plunked into a vase. Another friend created the stunning, long-lasting centerpiece shown here from bits collected during a beach and forest walk.

A hand-carved wood bowl is the base. A candle serves as an anchor to the rest of the items: lichen, blooming succulents, moss, pinecones and curls of arbutus bark, found around the property. The row of chartreuse blooms play off the burgundy arbutus, and the silver foliage of the lichen is repeated in the succulents.

The centerpiece evokes the rolling topography and captures both the erupting wildness as well as a balanced sense of order to create a thing of beauty for the table not to be ignored.

CARLYN YANDLE PHOTO

This long-lasting centrepiece captures a bit of the unspoiled Gulf Islands.

Carlyn Yandle is a Vancouver journalist with her own room-planning business, Home Reworks, homereworks.com.

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SOURCE: NADbank 2007, read yesterday;
BASE: Montreal CMA, Ottawa-Gatineau CMA, Toronto CMA, Vancouver CMA

Another tomato tip?
Here's a tip from Cook's Illustrated Magazine to lengthen the life of tomatoes that do not have a stem attached: Store tomatoes stem-end down at room temperature — this prevents air from entering and moisture from exiting its scar (left from where the stem once grew). Who knew? METRO NEWS SERVICES

Food

"A ripe field tomato should be firm, not rock-hard, and have a slightly supple quality to its surface; it should feel heavy for its size." Barb Holland/for Metro Canada

Don't worry
The occasional small surface cracks at the bottom of a tomato won't affect its quality.

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

Timeless heirloom tomatoes

À la carte

Barb Holland
Metro Food Writer

Locally grown field tomatoes remind us what tomatoes are supposed to taste like.

The buzz is all about heirloom tomatoes. Found in farmers' markets and roadside farm stands, they come in a range of colours (red, brown, yellow, purple, white and bi-coloured), texture and size (from pea size to quite large). Heirloom tomatoes are from seeds carefully preserved and passed down over decades, keeping their character and flavour intact. Heirloom or not, locally grown field tomatoes remind us what tomatoes are supposed to taste like. As a kid, the first ripe tomatoes of the season would be sliced, slathered with mayonnaise and put between two slices of squishy white bread. (It was about the tomato, not the bread.) My tastes are now somewhat more sophisticated as I devour bruschetta while tomatoes are in season.

Bruschetta

Is so easy it doesn't really need a recipe but here are a few tips to pass along. Have fabulously flavoured ripe tomatoes, good quality olive oil, good bread and fresh basil. I also like to soften garlic in the microwave for a few seconds to take off the raw edge.

METHOD:

Dice 2 to 3 (depending on size) ripe tomatoes and place in a colander. Sprinkle lightly but evenly with salt and let drain in sink for 15 to 20 minutes. Gently stir occasionally.

Meanwhile, slice good quality ciabatta or other rustic artisan bread and grill until toasted on both sides. Rub one side with sliced raw garlic and cut into manageable sizes.

Mince fresh garlic (1 clove to 2 to 3 tomatoes) and place in small microwaveable bowl. Add 2 to 3 tbsp (30 to 60 mL) good quality extra virgin olive oil. Microwave 20 to 30 seconds — do not boil (about 10 seconds/tbsp oil). Transfer tomatoes to a bowl. Add oil and garlic, chopped fresh basil (about 1 tbsp/15 mL per tomato) and salt and pepper to taste. Top bread with tomato mixture and serve immediately.

Tips:

- There are hundreds of varieties of tomatoes from tiny currant, cherry, grape tomatoes to large beefsteak that can weigh up to a kg. The larger tomatoes can be categorized into three main types:

Round (slicing/table) are medium-sized, globe-shaped that are ideal for eating raw.

Roma or Plum are plum-shaped, thicker-fleshed and less juicy than the Round variety. These are a good choice for preserving, sauces and cooking.

Beefsteak are large juicy tomatoes good for slicing into salads and sandwiches.

Barb Holland is a professional home economist and food writer who believes in shopping locally and in season.

Googling 'great food'

In a cutting edge cookbook for the Internet generation, Google's legendary founding superchef, Charlie Ayers, tells you everything you need to know about the newest nutrition buzzword: Brain food. Raw, organic, and fermented is Ayer's mantra. DK Publishing offered Metro this recipe from Food 2.0: Secrets From The Chef Who Fed Google:

PHOTO COURTESY OF DK PUBLISHING

This recipe is excerpted from Food 2.0: Secrets From The Chef Who Fed Google, below, available in hardcover from Amazon.ca for $17.64.

Coconut-Oatmeal bars with Chocolate Chips

Pack these in your bag and eat them on the way to work.

INGREDIENTS:

- 60g (2oz) unbleached plain flour
- 1/4 tsp baking powder
- 1/4 tsp fine sea salt
- 115g (4oz) rolled oats
- 115g (4oz) unrefined light brown sugar, lightly packed
- 60g (2oz) dried, unsweetened, dessicated coconut
- 60g (2oz) bittersweet or semisweet chocolate chips
- 85g (3oz) unsalted butter, melted and cooled to room temperature
- 1 large egg, lightly beaten
- 1/4 tsp natural vanilla extract

METHOD:

Preheat the oven to 180°C (350°F/Gas 4). Lightly oil an 8in (20cm) square baking tin and set aside.

Sift the flour, baking powder, and salt into a mixing bowl. Stir in the oats, brown sugar, coconut, and chocolate chips. Stir together the melted butter, egg, and vanilla, then add to the flour mixture and stir just until blended.

Avoid mixing more than needed. Transfer to the prepared pan and level the surface.

Bake until slightly risen, golden, and just firm to the touch, about 25 minutes. Put the tin on a rack and let cool before cutting into triangular or rectangular bars or squares.

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*Displayed fare corresponds to the Vancouver - Bogota route.

Dress for job success

What you wear may be just as important as what, and who, you know to getting up the career ladder, according to a leading Australian fashion and marketing consultant Serena Beirne. She says employees should think of themselves as products and "package" themselves to sell well. REUTERS

Style

Nivola to star in Coco biopic

Alessandro Nivola, left, will star opposite Audrey Tautou in the Coco Chanel biopic Coco avant Chanel. Anne Fontaine is directing the French film. Nivola, who is learning French for the role and likely will be the only American in the feature, will play Chanel's lover Arthur Capel, a dashing polo player who sponsored the fashion designer, helping her open her first store and influencing her masculine suit designs. His death in an auto accident was described as the most devastating event in Chanel's life. REUTERS

FASHION EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

The perfectly oversized cardigan

Style File

Kim Elbo
kim.elbo@metronews.ca

ask kim

I bought a pair of shoes but they are bit tight. What can I do to stretch them out?

Only shoes made out of natural fibres like leather and suede can be stretched. Try asking a shoe repair shop if they can stretch your shoe out, but you may have to leave your shoes for an overnighter. Here's an online tip: "Wet your leather shoes with alcohol then wear them till the alcohol dries. The alcohol helps to stretch out the shoe and doesn't dry out the leather" — *tipking.co.uk*

E-mail your style questions to *kim.elbo@metronews. ca.*

Vancouver's Kim Elbo has a passion for fashion. Here she shares the latest style tips.

Classic Stripes
Designer: American Eagle
Shop: American Eagle
Address: Various Locations
ae.com

Knitwear
Designer: H&M
Shop: H&M
Address: Various Locations
hm.com

The Boyfriend Cardi
Designer: DC
Shop: Plenty
Address: Various Locations
getplenty.com

Blouse
Designer: Bedo
Shop: Bedo
Address: Various Locations
bedo.ca

Tunic
Designer: Banana Republic
Shop: Banana Republic
Address: Various Locations
bananarepublic.com

Tank
Designer: Free People
Shop: Plenty
Address: Various Locations
getplenty.com

cardigans

Push those plain block colour cardigans aside this fall season; we are seeing cardigans that are knitted or printed with classic, stripes, polka dots and argyles. Stealing your boyfriend's cardigan or buying one at a vintage shop is the look that designers are going with this season. Look for masculine prints and colours. The oversized fit goes with the whole masculine look and this is perfect for layering with shirts, tanks or other lightweight knits.

accessory

Looking for a new skincare line? Go organic with Kibio, the new organic skincare line made in France. Available at Shoppers Drugmart — *kibio.com*

fall florals

Flowers are still blooming in the fall. Although we won't be seeing them in ground we'll be more than happy seeing them on shirts, skirts and accessories. Look for fall florals in a variety of prints from geometric poppy prints like the Banana Republic tunic to free flowing painted flowers like the Bedo blouse and the Free People tank. Stay away from brightly coloured flowered prints this fall, they may look a little off season. Instead look for flowers in darker hues of plums, mustards and burnt oranges.

tip

Clothes can act as an abrasive towards each other in the dryer. To avoid those dreaded little pills on your sweaters lay your knits flat to dry.

psst... Designer Trunk Show! Receive 20 per cent of Toodle Bunny accessories today at Shop Cocoon — 3345 Cambie St., *shopcocoon.com*

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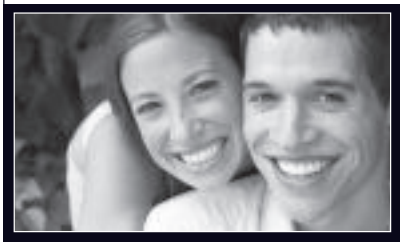

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Back To School

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SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA

Head of the class

RAFAEL BRUSILOW
for Metro Canada

The start of the school year is almost here, so it's time to make sure your wardrobe isn't stuck in last year's classroom regalia.

GAP Inc. spokesperson Tara Wickwire says polo shirts are more prevalent than ever this season, with jumpers and graphic T-shirts similarly popular. A layered look is key — remember to mix and match different pieces of clothing effectively to create a look that combines different colours with patterns like plaid and argyle.

"Take advantage of the opportunity to express your individual style," she said.

As for younger students, Wickwire says the line is blurring between generations. "A lot of trends we see for adults are reflected in kids' fashion," she said.

Girls are moving away from revealing clothes and embracing the colourful, relaxed style of hit TV shows like Gossip Girl, Wickwire says.

"For girls, we're seeing a Bohemian trend with floral print dresses, cord pants, berets and bright shades. It's a refreshing change," she said.

Robin Keeler, fashion director at the Yorkdale Shopping Centre in Toronto, suggests being picky about colours to keep your wardrobe focused.

"Stick with a few colours — don't have every colour in the rainbow in your wardrobe. You can mix and match a few colours easily to maximize the wardrobe," Keeler said.

Denim jeans and zip-front hoodies are staples that won't go out of style anytime soon and can fit into just about any look. Blouses and cardigan sweaters are also hot this season.

"Cardigans are very, very hot. If they're oversized, they're really comfy and warm. You can wear them with a skinny belt for a very cute look," Keeler said.

For the guys, everything starts with relaxed-fit jeans. Cargo pants are also a great choice and graphic T-shirts are always in style. Particularly hot this season: Leather jackets are making a comeback due to their versatility.

"A great leather jacket is something you can get a lot of wear out of," Keeler said.

"A lot of trends we see for adults are reflected in kids' fashion."
Tara Wickwire

Hoodies are an even greater fashion piece for guys as they always look good on men and happen to be highly functional, Wickwire said.

Don't let your wardrobe stress you out though, Keeler says. Check your closet thoroughly and only spend big bucks on things you know you'll use often.

"See what still works, so you know what trendy pieces you have to work with and prioritize what items you need to get. Spend the most money on things you'll wear the most," Keeler said.

This look incorporates one of this season's hottest items: The leather jacket ($227 at Bebe).

Tie, $19.50; short-sleeved dress shirt, $19.50; and cotton sweater vest, $19.50. All at Old Navy.

Hoodies — like this yarn dye stripe knit hoodie, which is $29.80 at Urban Behavior — are hot items for back to school.

Shop on a budget

- **Plan ahead:** Make a list before you head out to help you stay on-budget .
- **Set a budget and stick to it:** Set a budget that covers the necessities, but plan for a few extras that you may overlook.
- **Shop during off-peak hours:** Avoid crowds by taking advantage of longer shopping hours. This will maximize your shopping time.
- **Do the one-stop shop:** You'll save time and gas by eliminating the need to travel store to store.

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Get mobile
The Nokia 5310 XpressMusic mobile phone, left, is small enough to fit in a pencil case. Features include a music chip that provides 18 hours of music and a video recorder. Available at Rogers Wireless for $69.99 with a three-year term. METRO NEWS SERVICES

Getting in gear

Items aimed at students include laptops, cameras

RICK McGINNIS
Metro Canada

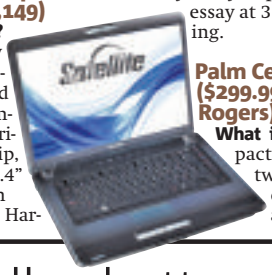
Dell Inspiron 1525 laptop ($499.99-$999.99)

What is it? Dell's student-priced laptop, with a 15.4" widescreen LCD and anywhere from an Intel Celeron 540 chip to a Core 2 Duo T7250. Also, some flash graphic designs on the lid and a MacBook-inspired matte silver finish.

What works? College life today is about travelling light, and since you don't want to be hauling a DVD player into residence, the 1525 has an HDMI port to output to an HD screen. Not that its regular screen is shabby — easy to view from most angles without greying out its blacks, it's a fine movie and gaming PC.

What doesn't work? It's a heavy beast — weighing in at 6 lbs. at its lightest configuration — and the speakers are weak; you'll need headphones or accessory speakers if anyone more than a couple of feet away is going to hear anything. Also, no pre-installed MS Office suite — you're going to have to spend extra to use it to write essays.

Toshiba Satellite A300 laptop ($849-$1,149)



What is it? A glossy black laptop based around Intel's Centrino duo chip, with a 15.4" widescreen LCD and a Harmon Kardon sound system.

What works? Fully-featured, with MS Office and an HDMI output for movie nights, it's a fast machine thanks to the Centrino chipset, and its relatively tiny speakers push out impressive sound.

What doesn't work? Viewing angles on the LCD screen are tight and blacks glare out at the edges of the image if you aren't dead centre.

Kodak ESP3 all-in-one printer ($129.99)

What is it? The low end of Kodak's all-in-one consumer printer/scanner line, a compact, low-profile unit meant for the home office.

What works? Kodak's makeover of its product line has resulted in a slick little black unit in a market filled with clunky off-white boxes. Setup is quick and tidy, and all of the ESP3's functions are easy to access. Add Kodak's low-price inks and you've got a lot of bang for the budget.

What doesn't work? It might look sleek, but it's loud — you'll definitely wake up your roommate if you try to print off your essay at 3 in the morning.

Palm Centro ($299.99 with Rogers)

What is it? A compact cross between a media cell phone and a PDA meant for text-happy youth with a touch screen interface.

What works? The Palm OS is simple and intuitive, and the full QWERTY keyboard will make messaging suddenly effortless for anyone used to texting on a numerical keypad. Think of it as a PDA with training wheels — and easy Facebook accessibility, which is not something your average Blackberry user looks for.

What doesn't work? The keyboard is tiny, but when you graduate to a full-sized PDA phone you'll feel like you've left the woods for wide open spaces. Touch screen functionality is partial — you'll need to click and select. And would it have hurt to have a couple of games? No Minesweeper, never mind Solitaire.

Olympus E-420 digital SLR with 14-42mm zoom lens ($579.99)

What is it? Olympus' entry-level digital 10 megapixel SLR, with a compact wide-to-standard zoom.

What works? For some reason, there are more and more young people walking around with SLRs around their necks, seemingly having graduated from pocket-sized point-and-shoots in search of more control over their picture taking. The E-420 is a good place to start — light and compact, but with a decent set of SLR features. Controls are well-placed, and anyone used to snapshot camera kludginess will feel liberated by the responsiveness of a real SLR — it's a great first camera for photo students, with access to Olympus' fantastic range of lenses.

What doesn't work? The control wheel on the top can only do so much — you'll need to dig into the menus to disable the automatic flash, for instance, if you want to work in available light; a "flash off" button, found on most point-and-shoots, would have been nice. SLRs add options, but some could have been more upfront.

Panasonic Lumix DMC FS3 digital camera ($199.99)

What is it? A solid little budget snapshot camera with a smashing little Leica lens on the front and an 8.1 megapixel chip and a 2.5" LCD screen.

What works? Panasonic's Intelligent Auto picture mode is smart and flexible, and handles low light situations with relative ease. The screen is bright and sharp, and the shooting modes — including a 16:9 panorama — useful for scenic shots when travelling.

What doesn't work? While most camera makers are moving toward minimal interfaces, Panasonic still packs their cameras with buttons and switches, which can make for clumsy handling on such a tiny camera. The easy zoom button, while useful — it quickly snaps the lens into a close-up — is close enough to the shutter to get tapped while framing a shot.

Hot accessories

Here's a word to Google: Monopoly. It's more than a game, and while a lot of people will say it's a bad thing, at least you don't have to worry about half a dozen competing word processing programs — Microsoft Word stands alone in its field, and your profs won't appreciate you handing in your term paper in Lotus Word Pro. The **Office Home and Student suites for Mac** ($199.95) or **Windows** ($99.99) has Word, in addition to Excel and PowerPoint. The Mac version also includes Entourage and Messenger, while the Windows version adds OneNote.

Microsoft also makes a wide range of quality peripherals, including the **Wireless Notebook Optical Mouse 3000** ($49.99), a compact unit that stores its wireless dongle in its base when not in use. It's a worthwhile investment if you want to make it to your junior year without a hand that persistently hovers, bent at the wrist, in front of your chest, the result of thousands of hours jabbing at your laptop's touchpad.

There are a lot of laptop bags on the market, most of which look like the sort of nasty stuff hippies drag into hostels all over Europe. Belkin made its name with stylish computer peripherals and accessories, and their computer bags are clean and stylish and come in a variety of colour combinations. The **Slim backpack** ($49.99) and the **Ceylon messenger bag** ($49.99) sport at least a dozen useful pockets for everything from pens (yes, you still need them) and mp3 players without looking like an old pair of cargo pants.

— RICK McGINNIS

Smaller, better music gadgets make the grade

RICK McGINNIS
Metro Canada

Once upon a time, move-in day at university residences meant sweating parents helping their kids lug milk crates of records and/or dense boxes of CDs up worn stairs to their rooms.

The digital age has made that image as quaint as glee clubs, and those ponderous and heavy music collections can be stored on mp3 players the size of a deck of cards. Count yourself lucky, you perfidious little music thieves.

Belkin's line of iPod and mp3 accessories includes the **TuneTalk** ($69.99), a quality stereo microphone attachment for nearly every model of iPod that lets you record lectures directly onto your player and download them onto your computer, elegantly replacing a voice recorder in your bag. That's one less thing to carry around, forget or lose — a big plus in an age when the student lifestyle resembles nothing so much as a well-subsidized hobo.

The RockStar, by Belkin.

Belkin also makes the **RockStar** ($19.99), a simple but handy device that lets you and up to four friends listen in on your playlists, or mix between the two by subtracting one pair of headphones and plugging in another player with the added cable.

Microsoft's Zune encourages musical networking with its Social online software that allows Zune owners to connect around their musical tastes. It began as a punchline, but Seattle's challenge to Apple's iPod became a solid piece of hardware by its second generation — though Zune's software still has limitations compared to iTunes, the players are actually more solid and reliable than the iPod.

The **Zune 8 GB player** ($179.99) is Microsoft's nano, with a smoother interface and better sound. And since stereo wars are still thriving in residences, you might want to invest in the **Zune Home A/V Dock** ($79.99), which connects your player to any sound system or TV and has a remote that's also a lot more usable than its Apple counterpart.

The marvel of noise-cancelling headphones isn't just that they work, but that they work so well. Panasonic's **RP-HC500 headphones** ($199.99) silenced a construction site and a bustling food court at lunchtime to a hushed whisper while delivering rich, detailed music — something to think about when you're needing refuge from your roommate's beery hooking up in the other room every weekend.

sony style

SONY

Sony recommends Windows Vista® Home Premium

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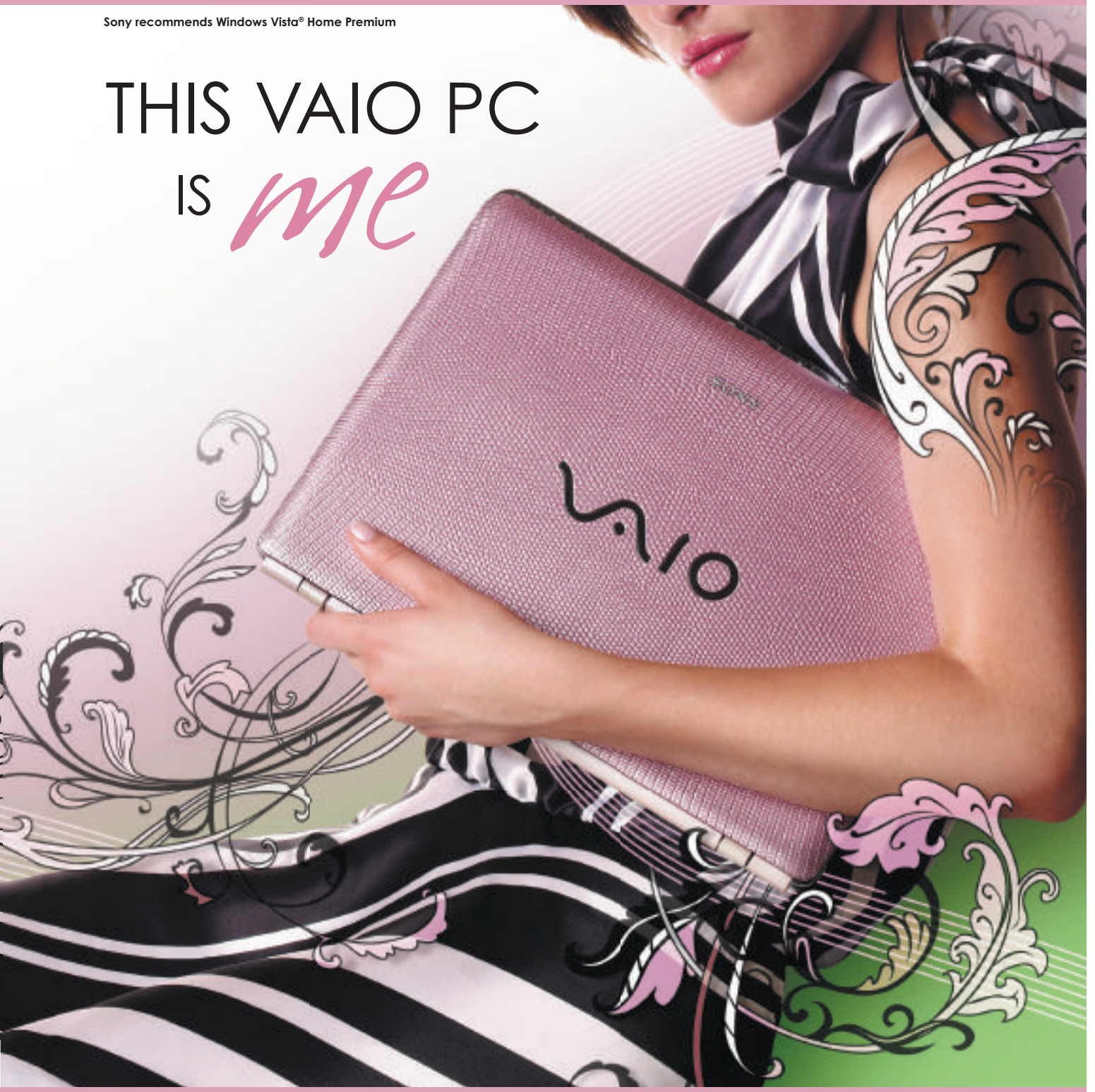

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Dave Matthews Band sax player dies

LeRoi Moore, sax player for the Dave Matthews Band, has lost his battle with injuries suffered in an ATV crash. Moore, who was involved in the accident on his farm near Charlottesville, Va., in June, passed away Tuesday at age 46. MUSIC-NEWS.COM

Entertainment

Hip-Hop King

50 Cent has overtaken Jay-Z to be named the Hip-Hop Cash King of 2008. The Candy Shop singer made a staggering $150 million US in the last 12 months, according to Forbes. MUSIC-NEWS.COM

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

Thomas leads new music charge

Irma **Thomas**

Album: Simply Grand
Label: Rounder
Rating: ⊕⊕⊕⊕½

IT'S HARD TO BELIEVE that it took the music industry 45 years to finally give Irma Thomas the respect she has always deserved. But that's how long it took for the "Soul Queen of New Orleans" to finally bring home a Grammy. She won it for her 2006 album After The Rain. Her latest, Simply Grand, shows the kind of respect she's always had in New Orleans. Thomas delivers a dozen collaborations with some of the finest piano players anywhere including Dr. John, Randy Newman, Ellis Marsalis, Norah Jones, John Medeski, Marcia Ball, and David Egan. Each track is recorded acoustically, giving prominence to Thomas' rich voice and some masterful piano playing. There's not a bad track in the bunch. This album is, indeed, Simply Grand.

Graham Rockingham

The **Stills**

Album: Oceans Will Rise
Label: Arts & Crafts/EMI
Rating: ⊕⊕⊕

MONTREAL ROCKERS The Stills haven't had an easy go of it since they released their debut in 2003. First pegged as Interpol rip-offs, their second album was so lackluster that people nearly wrote them off. The band's third effort, which is filled with infectious, well-rounded pop songs, should quell the critics. Disc opener Don't Talk Down, has a fantastic jump-inducing beat, while Everything I Build is an engaging, atmospheric keyboard track that lightly recalls U2. Despite a couple of bland songs, this should be the disc that puts The Stills back on the map.

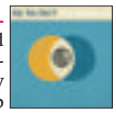
Bryan Borzykowski

CD**Reviews**

music@metronews.ca

Ra Ra **Riot**

Album: The Rhumb Line
Label: Barsuk
Rating: ⊕⊕⊕⊕



THERE'S SOMETHING odd about engaging in cheery chamber pop knowing that the person who co-wrote half of the material — drummer John Pike — accidentally drowned in the midst of the Syracuse, N.Y. group's 2007 tour. No coincidence that Ra Ra Riot's full-length debut is chock full of nautical and death themes. Yet rather than wallow in mournful cello-and-violin-fuelled elegies, the band soldiers on in bouncy tuneful fashion as if to focus its energies more on celebrating life and survival.

Ian Nathanson

Ice **Cube**

Album: Raw Footage
Label: Lench Mob/EMI
Rating: ⊕⊕⊕

ABOVE SOME movie-stylized funk grooves, the former N.W.A. MC and sometime actor is still capable of channeling his gangsta attitude towards corporate and political types on this eighth solo outing. But when you hear Cube railing on about "My style never changed in 22 summers" and " … Don't worry 'bout money, boy, 'cos I got plenty" on It Takes A Nation, one has to question his style of incessant n-bomb drops and endless rambling about feeding his family.

Ian Nathanson

Ice Cube is back with a new CD.

more online

- For more album reviews visit us at *metronews.ca*

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	255	358	6 CH	E! News	The Insider	Zoe Busiek: Wild Card		The Secret of Hidden Lake (2006) Rena Sofer. (CC) (DVS)				News (N)
	254	-	8 M	Law & Order: SVU		Mandarin News		News	Interactive	Punjabi News (In Punjabi N)		The Simpsons
	250	321	9 CTV	TMZ (N) (CC)	Hollywood	CSI: Miami (CC)		CSI: Crime Scene Invstgtn.		Flashpoint (N) (CC)		News (N)
	-	-	10 OMNI	According-Jim	George Lopez	Happy Days	Growing Pains	Jeeves and Wooster (CC)		The Daily	Diya (CC)	New Day
	252	336	11 GTV	Entertainment	ET Canada	Big Brother 10 (CC)		Kitchen Nightmares "Dillon's"		Ramsay's Kitchen Nightmares		News (N)
	256	389	12 VI	Degrassi	Friends (CC)	Stargate SG-1 "The Scourge"		Grey's Anatomy (CC)		Private Practice (CC)		News (N)
	253	359	13 CITY	Wheel-Fortune	Jeopardy!	Ugly Betty (CC)		Supernatural (CC)		Battlestar Galactica (CC)		Realty TV
	-	-	14 CW	'70s Show	'70s Show	Smallville "Sleeper" (CC)		Supernatural (CC)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	Big Brother 10 (CC)		CSI: Crime Scene Invstgtn.		Flashpoint (N) (CC)		News (N)
	287	379	16 NBC	Evening Mag.	Olympic Zone	XXIX Summer Olympics (Same-day Tape) (CC)						
	602	568	19 W	Will & Grace	Friends (CC)	Divine Design	House	Confidential	House	Open House	House	House
	288	380	21 ABC	Wheel-Fortune	Jeopardy!	Ugly Betty (CC)		Grey's Anatomy (CC)		Private Practice (CC)		News (N)
	-	-	23 KVOS	M*A*S*H	Scrubs (CC)	White Lightning ★★ (1973, Action) Burt Reynolds.				Cheers (CC)	Scrubs (CC)	Seinfeld
	291	383	27 PBS	Steves Europe	Ask This Old	Nature "Wisdom of the Wild"		Nova (CC) (DVS)		Masterpiece A rash of schoolgirl kidnappings.		
	290	382	29 FOX	NFL Preseason Football		The Simpsons	Malcolm-Mid.	King of Hill	Family Guy	News (N) (CC)		Family Guy
	-	364	48 PBS	Globe Trekker (CC) (DVS)		Red Green	Brotherly Love	Tavis Smiley	Charlie Rose (N) (CC)		This Old Hse.	Hometime
	296	654	54 SBK	Frasier (CC)	Frasier (CC)	Cheers (CC)	South Park	Comics Un.	Half & Half	Entertainment	The Insider	Paid Program
	298	653	55 TLA	Two/Half Men	Two/Half Men	Smallville "Sleeper" (CC)		Supernatural (CC)		KTLA Prime News (CC)		Friends (CC)
	295	651	58 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	Sex and-City	Friends (CC)	Will & Grace	Will & Grace	My Wife-Kids
	297	652	67 WPX	CW11 News at Ten		Two/Half Men	Friends (CC)	Sex and-City	Will & Grace	Frasier (CC)	George Lopez	Odd Couple
	199	311	76 STR	News (N)	News		Late Show-Letterman		(:37) Last Comic Standing (CC)			Late Late
news	502	390	23 NW	CBC News: The National (N)		CBC News: The National (N)		CBC News: The National		The Nature of Things (CC)		National
	500	500	33 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	Sportsnet	MLB Baseball Oakland Athletics at Seattle Mariners. (Joined in Progress) (Live)					Sportsnet Connected (Live)		Sportsnet
	400	400	30 TSN	CFL Football: Roughriders at Eskimos				SportsCentre	Motoring 2008	Poker Night (Taped)		SportsCentre
	411	457	32 OLN	Don't Forget Your Passport		Pilot Guides (CC)		Don't Forget Your Passport		Coltrane's Britain		Mark Williams
	410	403	34 SCR	Score Tonight		Schwab	Score Update	Score Update		Score Update		Score Update
	417	406	35 SC	Wrecked	Wrecked	Pinks	Pass Time	Pinks -- All Out		Pinks -- All Out		Wrecked
	416	409	144 GLF	Fútbol Amistoso		Gol TV News		Extra Time		Gol TV News		Gol TV News
family	552	543	25 YTV	Prank Patrol	Prank Patrol	Fries That?	Futurama	Prank Patrol	Mystery Hnt.	Falcon Beach (CC)		Mystery Hnt.
	555	545	50 TEL	George	Tom & Jerry	Tom and Jerry	6teen (CC)	Total Drama	Futurama	The Mask ★★★ (1994) Jim Carrey. (CC)		
	557	541	51 FAM	That's-Raven	Smart Guy	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School	Cory in House	Zack & Cody
	553	546	55 TRE	Comfy Couch	Rolie Polie	Beren. Bears	Dragon	Backyard	Dora-Explorer	Go, Diego, Go!	Treetown	Comfy Couch
cable variety	268	354	5 KNO	A Mountain Goat's Story		Big Ideas	Design e2	Handel's Water Music (CC)		How Art Made the World		King-Country
	575	583	20 CMT	Home Imp.	Roseanne	Karaoke Star "Regina, SK"		Reba (CC)	Hope & Faith	Home Imp.	Roseanne	Ed (CC)
	570	580	24 MM	Instant Star	MuchTopTens (CC)		Gone Wild	Punk'd (CC)	Gone Wild	Muchmusic Countdown (CC)		
	600	564	29 H&G	Junk Brothers	The Big Flip	Holmes on Homes (CC)		Restaurant Makeover (CC)		The Fix (CC)	Disaster DIY	Junk Brothers
	615	520	31 A&E	Jacked: Theft	Jacked: Theft	Back in the Hood		The First 48 (CC)		The First 48 "Blackout" (CC)		Jacked: Theft
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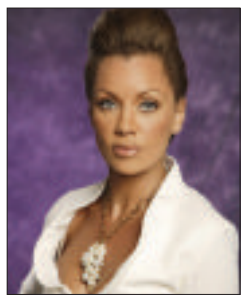
	521	560	34 TLC	Miami Ink (N) (CC)		Battleground Earth		Miami Ink (CC)		American Chopper (CC)		LA Ink (CC)
	616	522	39 SHO	ReGenesis "Baby Bomb"		Intelligence (CC) (DVS)		G-Spot (CC)	Exes & Ohs	The Shining ★★★ (1980) Jack Nicholson.		
	620	523	40 BVO	(5:00) Timeline	In the Village	Law & Order "Thrill" (CC)		Without a Trace (CC)		Entourage	Bravonews	Writers
	601	562	41 SLC	The Biggest Loser (CC)		Rich Bride, Poor Bride (CC)		Last 10	Bulging Brides	The Biggest Loser (CC)		Trading Sp
	520	505	42 DIS	MythBusters (CC)		Daily Planet "Goes Green 4"		Sport Science (Part 1 of 2)		Secrets of the Deep (CC)		
	522	506	44 HIS	NCIS "Hiatus" (CC)		Deep Wreck Mysteries (CC)		U-864: Hitler's Last Secret		NCIS "Hiatus" (CC)		Crime Stories
	627	528	45 SPC	(6:00) Prom Night ★★ (1980)		Stargate SG-1 "Zero Hour"		Star Trek: Voyager "Jetrel"		Star Trek: Enterprise (CC)		Star Trek Gen.
	294	650	47 TBS	(6:00) Pretty Woman ★★★ (1990) (CC)			Sex and-City	Sex and-City		(:40) Selena ★★★ (1997) (PA) Jennifer Lopez. (CC)		
	619	525	48 TROP	Inside Hollywood (CC)		ET Canada	What	Family Guy	Seinfeld	Seinfeld	Frasier (CC)	Family Guy
	603	561	52 FN	Scoop 2 (CC)		Unwrapped	Bobby Flay	Iron Chef America (CC)		Scoop! (CC)		Scoop 2
	626	547	57 COM	Air Farce	22 Minutes	Laughs	Rick Mercer	The Simpsons	South Park	Reality Bites	Comedy Now	Daily Show
	320	621	60 CEN	(6:30) RENO 911!: Miami ★★		Lust, Caution ★★ (2007) Tony Leung Chiu Wai. Premiere. (Subtitled) (CC)					(:45) The Messengers ★ (CC)	
	581	566	101 MTV	True Life Outcasts. (CC)		MTV Live	After	From G's to Gents (CC)		True Life Outcasts. (CC)		MTV Live
	261	394	102 V	(6:00) True Heart ★★ (1997)		Dalai Lama: Behind the Smile		True Heart ★★ (1997) Kirsten Dunst, Zachery Ty Bryan.				Paid Program
	-	-	106 MUL	The Land	Daughters	Vancouver	Main Office	Dheeyan Ghar	Sadabahar	Mor Deo Koi	Desi Rhythms	Patrol World

critics'corner

Ugly Betty
Let's hope the Big 2-5 goes better. In "Twenty-Four Candles," it's Betty's (America Ferrera) birthday, and she's looking forward to some romantic time with Henry (Christopher Gorham). Unfortunately, his babymama, Charlie (Jayma Mays), decides to pay a visit, scaling back and eventually scuttling their plans. Speaking of scuttling, Wilhelmina (Vanessa Williams) tries to break up her sister and Daniel (Gabrielle Union, Eric Mabius). 8 PM on ABC and CITY



Jacked
If you like "Cops" and its ilk, this new series will rev your engine. It follows an elite team of police officers in northern New Jersey that specializes in catching car thieves. And they do it with some of the coolest tools around: SUVs with giant bumpers capable of blocking in a stolen vehicle, automatic license plate readers and a helicopter with a heat-seeking camera, for starters. 7 PM on A&E

going out

- 6 p.m. Jack Johnson performs live. At Thunderbird Stadium at UBC, 6066 Stadium Road. Tix: $46.

8 p.m. N Squared (Cocaine Kids) headline the night, with resident DJs Trevor Risk, Matty C, Ernold Sane and Dana D. At Republic, 958 Granville St. Tix: $10. Info: dhmbars.ca.

10 p.m. The List: DJs Dove and Rhiannon spin house, classics, R&B and hip hop. At the Opus Bar, 350 Davie St. Info: opusbar.ca.

10 p.m. The Autobots bring their tearing basslines and funky breaks to Vancouver. At Lotus Sound Lounge, 455 Abbott Street. Tix: $10. Info: 604-685-7777

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Star mulls name change

Portia de Rossi is considering changing her name after marrying talk show host Ellen DeGeneres on the weekend. The couple tied the knot on Saturday. Arrested Development star de Rossi plans to keep her maiden name for now. METRO NEWS SERVICES

Celebrity Buzz

Gosling and McAdams back on

CANADIANS Rachel McAdams and Ryan Gosling are "definitely together again."

The pair — who split last April after dating for two years — are celebrating their rekindled relationship with a holiday in Toronto.

Gossip blogger Perez Hilton said: "Sources have revealed exclusively to me that Ryan and Rachel are definitely together again. They are on holiday in Toronto and are both very happy."

The couple, who are both Canadian, are in the city ahead of the annual Toronto International Film Festival which runs from Sept. 4 to 13.

METRO NEWS SERVICES

GETTY IMAGES PHOTOS

Exes reunion?

EXES Brad Pitt and Jennifer Aniston could reunite at this year's Toronto International Film Festival, when the exes are debuting their new flicks just two days apart.

Pitt, 44, is among the stars who will walk the red carpet gala at the festival for the North American premiere of his Coen Brothers' flick Burn After Reading on Sept. 5. Pitt is also expected to attend the Venice Film Festival, where his film screens on August 27.

Meanwhile, Aniston, 39, is scheduled to attend the Toronto fest to promote her romantic comedy Management — about a travelling art saleswoman fighting off the advances of a flaky motel manager — which is premiering Sept. 7.

Aniston — who just split from boyfriend John Mayer — was married to Pitt from July 2000 to January 2005.

METRO NEWS SERVICES

celebrity brief

Garth, Doherty getting along

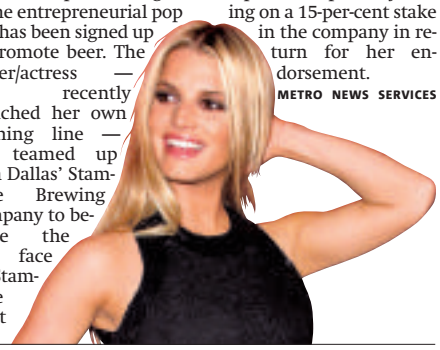
TV Jennie Garth admits she was initially uneasy about working with Shannen Doherty again. The two famously clashed during their 90210 heyday — and once got into a fistfight. But when she reunited with Doherty to shoot CW's 90210 spin-off, she tells TV Guide, "It wasn't as bad as I thought it would be. I was a little nervous because I hadn't seen or talked to her in 14 years."

METRO NEWS SERVICES

Simpson hits the beer

SPOKESWOMAN Jessica Simpson has expanded her business empire once again — the entrepreneurial pop star has been signed up to promote beer. The singer/actress — who recently launched her own clothing line — has teamed up with Dallas' Stampede Brewing Company to become the new face of Stampede Light Plus. Although terms of the deal were not disclosed, Simpson is reportedly taking on a 15-per-cent stake in the company in return for her endorsement.

METRO NEWS SERVICES



celebrity brief

Marriage drove Nielsen to booze

RELATIONSHIP Former actress Brigitte Nielsen blames her previous marriage for turning her into an alcoholic — insisting she turned to drink because she was miserable. The Danish-born star divorced her fourth husband, Raoul Meyer, in 2005 and is now married to Italian bartender Mattia Dessi.

METRO NEWS SERVICES

celebrity brief

Alba's weight loss secret

BABY Just two months after giving birth to daughter Honor Marie, Jessica Alba is 25 pounds lighter — and her trainer is telling People just how she did it. Alba's trainer Ramona Braganza says she has been opting for a low-fat, low-carb diet and is training six days a week.

METRO NEWS SERVICES

Voight lashes out at Barr

DISPUTE Angelina Jolie's dad Jon Voight has blasted TV star Roseanne Barr for her attack on his daughter and her partner Brad Pitt. Voight is livid with the attack on his daughter — and claims Barr is suffering from the trauma of being abused as a child, reports Usmagazine.com. He says, "We can never be surprised at what vile evil comes from the mouth of a confessed victim of child abuse."

METRO NEWS SERVICES

Pratt spills beans on Montag's purity

UH-OH! The Hills star Spencer Pratt has been caught lying about his girlfriend Heidi Montag's purity — he insists she's still a virgin.

Pratt was promoting the new season of the reality TV phenomenon on Los Angeles Ryan Seacrest's morning show, when he cooed about Montag's no-sex-before-marriage promise.

He told the radio host, "She's still a virgin … We don't sin over here," adding that he and Montag place pillows between them in bed at night — to help them fight temptation.

The reality TV star went on to state his girlfriend is so religious, she's considering recording a Christian album for a quickie interview.

But website HollyScoop.com has unearthed footage from the first season of The Hills, when Montag has a heart-to-heart chat with Pratt after taking a pregnancy test.

The website asks, "Last we checked, if you're a virgin, you wouldn't need to take a pregnancy test."

METRO NEWS SERVICES

celebrity brief

Brit to take trip to reality TV?

REPORTS Britney Spears is reportedly set to star in a new reality TV show. The troubled singer is set to defy the wishes of her family to appear in the proposed fly-on-the-wall MTV documentary. The proposed program will focus on Britney's attempts to get her life and career back on track.

METRO NEWS SERVICES

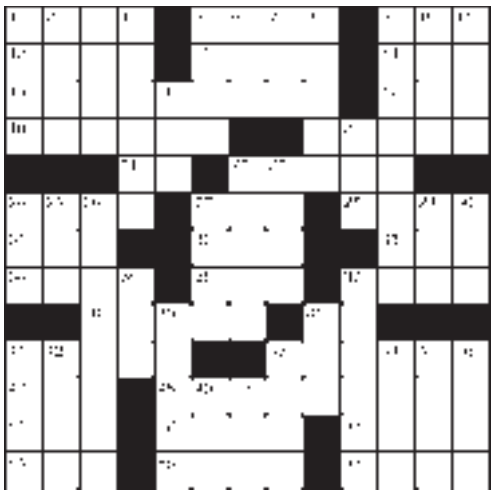
Franco stays off the pot

MOVIE Actor James Franco is frequently offered drugs by fans who confuse him with his pot-smoking character in stoner comedy Pineapple Express. And though Seth Rogen (his co-star) has admitted he is a regular drug user, Franco insists he stuns fans by refusing to smoke marijuana with them.

METRO NEWS SERVICES

Lovers on tour
Sir Paul McCartney has invited his new girlfriend to join him on tour. The former Beatle was set to embark alone, but after enjoying a recent road trip around America with Nancy Shevell, he has now asked her to travel around the world with him. MUSIC-NEWS.COM

Take Five



Crossword down

1 "Dragnet" star
2 Caboose's position
3 Actress Jessica
4 Hitchcock classic
5 Shakespeare, for one
6 Carte lead-in
7 Heavy weight
8 Passover meal
9 Using extreme care
10 Pennsylvania port
11 Gotta have
16 Whiz preceder
20 Stickum
22 TV's "French Chef"
23 Has a bug
24 Retriever type
25 Indivisible
26 "They Shoot Horses, Don't They?" actor
27 Heart
29 Speed along
30 Chow down
35 Bart, to Homer
37 — Springs, Fla.
39 Vessel
40 That girl
41 Combustible heap
42 Session with a shrink
43 Titanic downfall
44 — contendere
45 Slanted type (Abbr.)
46 Girl in a Salinger story
49 "Eureka!"
50 Beige

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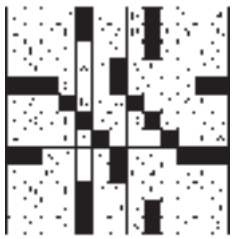
Crossword across

1 Swathe
5 Cuckoo
9 Barbie's companion
12 Morays, e.g.
13 Lotion additive
14 Anger
15 Piano style
17 Conk out
18 Reinforced
19 Urged (on)
21 The guy
22 Yuletide melody
24 Trademark symbol
27 Actor McBride
28 Leak slowly
31 Blackbird
32 Lubricate
33 By way of
34 Seeks alms
36 Literary monogram
37 Sobbed
38 Joined, as oxen
40 "Greetings!"
41 Agent 86's shoe, e.g.
43 Elton John's "— and the Jets"
47 Addressee
48 Ore-Ida product
51 Skedaddle
52 Burn somewhat
53 Ancient Persian Gulf country
54 Work unit
55 Suspend
56 Characterization

previous day's answer



Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
The completion of a pact is just up ahead. A tiresome person's madness increases. A male will have an increasingly good effect.

TAURUS
APRIL 21-MAY 21
People want to talk about love. Find a better approach to working with a gossip. Frustration will lead to a crucial confrontation.

GEMINI
MAY 22-JUNE 21
A friend will give you insight into a stressful situation. Don't act against your better judgment. Emotional ties will call for clever analysis.

CANCER
JUNE 22-JULY 22
Give your blessing to a project. A violent temper needs therapeutic intervention. Don't be a slave to a difficult habit.

LEO
JULY 23-AUG 23
A clash between loved ones will end well. You'll feel awful about breaking a promise. Get away from work as early as you can.

VIRGO
AUG 24-SEPT 22
Profound thoughts will blow your mind. Make sure that your wallet is safe before going out. News about a celebration is disturbing.

LIBRA
SEPT 23-OCT 23
Love inspires a fresh start. Someone with an evil side is full of mixed messages. An authority figure distrusts a word of warning.

SCORPIO
OCT 24- NOV 22
Honesty is rewarded by a foreigner. Don't blame a friend for emotional blindness. A security blanket causes a minor spat.

SAGITTARIUS
NOV 23- DEC 21
You won't give in to brainwashing. A secret task will soon be public knowledge. Do not criticize a co-worker.

CAPRICORN
DEC 22-JAN 20
An arrogant fool makes a fatal error with his assets. Road hazards are a pain in the neck. You're able to triumph at a meeting.

AQUARIUS
JAN 21-FEB 18
Opportunities for work will come through. Your dedication to loved ones is repaid. A colleague makes a romantic move.

PISCES
FEB 19-MAR 20
An older man requires your enthusiastic presence. Get out into the world to refresh your spirit. A wicked realist has to seek forgiveness.

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Sudoku

5		6				2		8
	8		6		7		9	
7			9		8			4
		2	5		9	4		
		9	8		1	7		
2			1		6			7
	5		3		2		6	
3		1				9		2

HOW TO PLAY SUDOKU:
The digits 1 through 9 will appear exactly once in each row, each column, and each zone. (A zone is an outlined 3x3 grid within the larger puzzle grid. There are nine of these zones in the puzzle.) Do not enter a digit into a box if it already appears elsewhere in the same 3x3 zone, or in the same row across the puzzle, or column down the puzzle.

previous day's answer

7	9	3	5	6	2	8	1	4
8	4	6	1	9	3	2	5	7
5	2	1	8	7	4	9	6	3
2	5	7	9	4	8	1	3	6
4	3	9	6	5	1	7	8	2
1	6	8	3	2	7	5	4	9
3	7	5	2	8	6	4	9	1
9	1	4	7	3	5	6	2	8
6	8	2	4	1	9	3	7	5

SUDOKU SOLVE TIME IN MINUTES:
Under 13. . . . . Genius
13-17 . . . . . Scholar
17-21. . . . . Smart
21-25. . . . . Not bad
25+ . . . . . Keep practising
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Vancouver weather

The Weather Network theweathernetwork.com

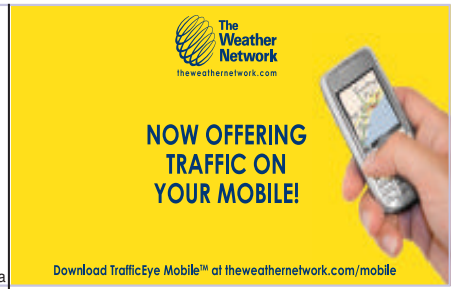
Afternoon	Tonight	Friday	Saturday	Sunday
Variable. 18°	Partly cloudy. Low 14°	Variable. 19°/14°	Sunny. 21°/15°	80% Showers. 19°/13°

Temperature
Normals
High: 21.3°
Low: 12.6°

Records
High: 27.8°/1966
Low: 7.8°/1973

Sunrise: 6:13 a.m.
Sunset: 8:16 p.m.
Moonset: 12:15 p.m.
Moonrise: 9:47 p.m.

TWN incorporates MSC data



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Ridgeline EX-L

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Ridgeline
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Hwy: 10.1 L/100km 28 mpg*

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